



September-December 2010

# Leisure Ledger

A guide to Raleigh Parks and Recreation Department's programs, special events, and facilities



**RALEIGH PARKS AND RECREATION**  
919-831-6640 | [parks.raleighnc.gov](http://parks.raleighnc.gov)

Easy Ways to Register  
Mail-in, August 3, 2010  
Walk-in and RecLink August 17, 2010

September-December 2010

# Leisure Ledger

A guide to Raleigh Parks and Recreation Department's programs, special events, and facilities

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The purpose of Raleigh Parks and Recreation Department is to actively encourage, provide, promote and protect quality leisure, recreation and cultural opportunities, facilities and environments that are essential for the enhancement of the lives of our citizens.



The **Leisure Ledger** will continue to highlight Raleigh Parks and Recreation participants through photos and features—so keep an eye out for neighbors, friends, or even your family!

### 3 Easy Ways to Register

Mail-in | Walk-in | On-line with **RecLink**

In order to find classes and programs faster and easier, simply search the Leisure Ledger by Activity Categories. For a listing of all classes and programs held at a particular facility, pick up a community center brochure or search **online with RecLink** — the Raleigh Parks and Recreation online registration system.

Please note: All classes, programs, and hours of operation are correct at the time of printing, but may be subject to change.



#### **Raleigh City Council\***

**Mayor:** Charles C. Meeker  
Mary-Ann Baldwin  
Thomas G. Crowder  
Bonner Gaylord  
Nancy McFarlane  
John Odom  
Russ Stephenson  
James P. West

#### **Parks, Recreation and Greenway Advisory Board Members\***

**Chair:** Eugene Weeks  
**Vice Chair:** Jimmy Thiem  
Greg Barley  
Kevin Brice  
Doris Burke  
Jay Chaudhuri  
Rodger Koopman  
Kelvin Leeks  
Rebecca Oxholm  
Jan Pender  
Elaine Perkinson  
Scott Reston  
Shoshanna Serxner  
Christopher Smith  
Mark Turner

\*at time of printing

Parks, Recreation and Greenway Advisory Board Meetings are held on the 3rd Thursday at 5:30pm of each month at the Jaycee Park module. The public is invited to attend.

#### **Executive Staff**

**Director:** Diane Sauer  
**Recreation Superintendent for Operations:**  
Scott Payne

**Recreation Superintendent for Services:**  
Ken Hisler

**Parks Superintendent:**  
Wayne Schindler

**Building Maintenance Superintendent:**  
Billy Jackson

**Design/Development Administrator:**  
Dick Bailey

**Program Development and Marketing Administrator:**  
Kellee Beach

**Arts Commission:**  
June Guralnick

**parks.raleighnc.gov**

**City of Raleigh Parks and Recreation**  
**P.O. Box 590 • Raleigh, NC 27602**

# Directory

Frequently Called Numbers	<b>Adopt-A-Park</b>	996-3292	996-7618(fax)
	<b>Mount Hope Cemetery</b>	831-6548	872-4137(fax)
	<b>Corporate Leisure Services</b>	996-4818	996-7618(fax)
	<b>General Park Maintenance</b>	996-4115	872-4137(fax)
	<b>Park Maintenance: Facilities, Irrigation, Lighting</b>	996-3420	890-3057(fax)
Division	<b>General Recreation</b>	831-6640	831-6470(fax)
	<b>Greenways</b>	996-4786	807-7663(fax)
	<b>RecLink Support</b>	807-8460	831-6470(fax)
	<b>Administration</b>	996-3285	996-7618(fax)
	<b>Arts Commission</b>	996-3610	
Programs	<b>Design/Development</b>	996-4774	801-7663(fax)
	<b>Maintenance/Parks</b>	996-4115	872-4137(fax)
	<b>Marketing</b>	996-3285	996-7618(fax)
	<b>Recreation</b>	831-6640	831-6470(fax)
	<b>Urban Forestry</b>	996-4115	872-4137(fax)
	<b>Adventure Program</b>	831-6855	
	<b>Aquatics and Swimming Pools</b>	2401 Wade Avenue	831-6852
	<b>Arts Program</b>	2401 Wade Avenue	831-6854
	<b>Athletics Program</b>	2401 Wade Avenue	831-6836
	<b>Athletics Leisure Line Update</b>	2401 Wade Avenue	831-6575 (24 hr. recording)
	<b>Community Centers Program</b>	2401 Wade Avenue	831-6685 / 831-6677
	<b>English as a Second Language Program</b>	2401 Wade Avenue	831-6844
	<b>Lakes and Amusements</b>	2401 Wade Avenue	807-8377
	<b>Nature Programs</b>	2401 Wade Avenue	831-6856
	<b>Senior Adult Program</b>	2401 Wade Avenue	807-8525 / 831-6851
	<b>Specialized Recreation Services</b>	2401 Wade Avenue	831-6835
	Adults	2401 Wade Avenue	807-5401
	Aquatics	2401 Wade Avenue	807-5400
	Hearing Impaired	2401 Wade Avenue	807-5404
	Visually Impaired	2401 Wade Avenue	807-5403
	Youth	2401 Wade Avenue	807-5402
	Special Olympics Wake County	2401 Wade Avenue	807-8378
	<b>Special Programs</b>	2401 Wade Avenue	831-6165
	After School Program	2401 Wade Avenue	
	Computer Labs	2401 Wade Avenue	
	Summer Camps	2401 Wade Avenue	
	<b>Tennis Program</b> – Millbrook Exchange Tennis Center	1905B Spring Forest Rd	872-4129
	<b>Teen Program</b>	2401 Wade Avenue	831-6688
	<b>Volunteer Programs</b>	222 W. Hargett Street	996-3292
	<b>Arts Centers</b>		
	<b>Pullen Arts Center</b>	105 Pullen Road, 27607	996-6126
	<b>Sertoma Arts Center</b>	1400 W. Millbrook Road, 27612	420-2329

Facilities	<b>Lakes</b>		
	<b>Lake Benson</b>	Buffaloe Road, Garner, 27529	662-5703
	<b>Lake Johnson</b>	4601 Avent Ferry Road, 27606	233-2121
	<b>Lake Wheeler</b>	6404 Lake Wheeler Road, 27603	662-5704
	<b>Shelley Lake</b>	1400 W. Millbrook Road, 27612	420-2331
	<b>Nature Parks</b>		
	<b>Brookhaven Nature Park</b>	5125 Berkeley Street, 27612	831-6856
	<b>Durant Nature Park</b>	8305 Camp Durant Road, 27614	870-2871
	<b>Walnut Creek Wetland Center</b>	950 Peterson Street, 27610	831-1960
	<b>Picnic Shelters</b>		
	<b>Anderson Point</b>	20 Anderson Point Drive, 27610	807-8461
	<b>Baileywick c/o Lake Lynn</b>	9501 Baileywick Road, 27615	870-2911
	<b>Biltmore Hills</b>	2615 Fitzgerald Drive, 27610	831-6895
	<b>Brentwood c/o Green Road</b>	3315 Vinson Court, 27604	872-4140
	<b>Brier Creek</b>	10810 Globe Road, 27617	420-2340
	<b>Carolina Pines</b>	2305 Lake Wheeler Road, 27603	831-6435
	<b>Cedar Hills c/o Optimist</b>	5600 Sweatbriar Street, 27609	870-2880
	<b>Chavis</b>	505 MLK Jr. Boulevard, 27601	831-6989
	<b>Durant Nature Park</b>	8305 Camp Durant Road, 27614	870-2871
	<b>Eastgate c/o Millbrook</b>	4200 Quail Hollow Drive, 27609	872-4156
	<b>Fallon c/o Optimist</b>	2601 Oxford Road 27608	870-2880
	<b>Fletcher c/o Jaycee</b>	820 Clay Street, 27605	831-6833
	<b>Glen Eden Pilot c/o Jaycee</b>	1500 Glen Eden Drive, 27612	831-6833
	<b>Green Road</b>	4201 Green Road, 27604	872-4140
	<b>Honeycutt Park c/o Millbrook Exchange</b>	1032 Clear Creek Farm Road, 27615	872-4156
	<b>Jaycee</b>	2405 Wade Avenue, 27607	831-6833
	<b>Kingwood Forest c/o Biltmore</b>	2610 Evers Drive, 27610	831-6895
	<b>Kiwanis c/o Optimist</b>	2525 Noble Road, 27608	870-2880
	<b>Lake Johnson</b>	4601 Avent Ferry Road, 27606	233-2121
	<b>Lake Wheeler</b>	6404 Lake Wheeler Road, 27603	662-5704
	<b>Laurel Hills</b>	3808 Edwards Mill Road, 27612	420-2383
	<b>Marsh Creek</b>	3016 New Hope Road, 27604	996-4920
	<b>Event Information Line</b>		996-4921
	<b>Method</b>	516 Method Road, 27607	831-6066
	<b>Millbrook</b>	1905 Spring Forest Road, 27615	872-4156
	<b>Lions</b>	516 Dennis Avenue, 27604	831-6995
	<b>North Hills c/o Optimist</b>	100 Chowan Circle, 27609	870-2880
	<b>Oakwood c/o Lions</b>	910 Brookside Drive, 27604	831-6995
	<b>Peach Road</b>	911 Ileagnes Road, 27603	807-8545
	<b>Powell Drive c/o Method</b>	740 Powell Drive, 27606	831-6066
	<b>Pullen Amusements</b>	520 Ashe Avenue, 27606	831-6468
	<b>Ralph Campbell</b>	756 Lunar Drive, 27610	250-2757

# Directory

## Facilities

<b>Roberts</b>	1300 E. Martin Street, 27610	831-6830
<b>Southgate c/o Lions</b>	1801 Proctor Street, 27610	831-6995
<b>Spring Forest Road c/o Green Road</b>	4203 Spring Forest Road 27616	872-4140
<b>Tarboro Road</b>	121 N. Tarboro Street, 27610	831-6505
<b>Williams Park c/o Sertoma Park</b>	6601 Leadmine Road, 27612	420-2329
<b>Worthdale</b>	1001 Cooper Road, 27610	250-2730
<b>Special Athletic Facilities</b>		
<b>Buffaloe Road Athletic Park</b>	5812 Buffaloe Road, 27616	831-6836
<b>Cedar Hills Park Disc Golf Course</b>	5600 Sweetbriar Street, 27609	870-2880
<b>Kentwood Park Disc Golf Course</b>	4531 Kaplan Drive, 27606	831-6435
<b>Lions Park BMX Track</b>	516 Dennis Avenue, 27604	831-6995
<b>Marsh Creek Park Inline Hockey Rink</b>	3016 New Hope Road	831-6836
<b>Millbrook Exchange Tennis Center</b>	1905 B Spring Forest Road, 27615	872-4129
<b>Walnut Creek Softball Complex</b>	1201 Sunnybrook Road, 27610	250-2725
<b>Walnut Creek Wetland Center</b>	950 Peterson Street, 27610	831-1960
<b>Special Facilities</b>		
<b>All Children's Playground c/o Laurel Hills Park</b>	3808 Edwards Mill Road, 27612	420-2383
<b>Anderson Point Park</b>	20 Anderson Point Drive, 27610	831-6640
<b>Baileywick Road Park</b>	9501 Baileywick Road, 27615	870-2911
<b>Borden Building at Fletcher Park</b>	820 Clay Street, 27605	831-6430
<b>Buffaloe Road Athletic Park</b>	5812 Buffaloe Road 27616	831-6836
<b>Method Pioneer Building</b>	516 Method Road, 27607	831-6066
<b>Millbrook Exchange Off-Leash Dog Park</b>	1905 Spring Forest Road, 27615	872-4156
<b>Mordecai Historic Park</b>	1 Mimosa Street, 27604	857-4364
<b>North Hills Park</b>	100 Chowan Circle, 27609	870-2880
<b>Oakwood Park</b>	910 Brookside Drive, 27604	831-6995
<b>Pullen Amusements</b>	520 Ashe Avenue, 27606	831-6468
<b>Raleigh Little Theatre/Rose Garden</b>	301 Pogue Street, 27607	821-4579
<b>Spring Forest Road Park</b>	4203 Spring Forest Road, 27616	872-4140
<b>Theatre in the Park</b>	105 Pullen Road, 27607	831-6936
<b>Tucker House</b>	418 N. Person Street, 27601	831-6009
<b>Williams Park</b>	1525 Lynn Road, 27612	420-2329
<b>Staffed Community Centers</b>		
<b>Barwell Road</b>	3935 Barwell Road, 27610	329-5994
<b>Biltmore Hills</b>	2615 Fitzgerald Drive, 27610	831-6895

## Facilities

<b>Brier Creek</b>	10810 Globe Road, 27617	420-2340
<b>Carolina Pines</b>	2305 Lake Wheeler Road, 27603	831-6435
<b>Chavis</b>	505 MLK Jr. Boulevard, 27601	831-6989
<b>Green Road</b>	4201 Green Road, 27604	872-4140
<b>Greystone Recreation Center</b>	7713-55 Lead Mine Road, 27615	996-4848
<b>Halifax</b>	1015 Halifax Street, 27604	831-6378
<b>Jaycee</b>	2405 Wade Avenue, 27607	831-6833
<b>Lake Lynn</b>	7921 Ray Road, 27613	870-2911
<b>Laurel Hills</b>	3808 Edwards Mill Road, 27612	420-2383
<b>Lions</b>	516 Dennis Avenue, 27604	831-6995
<b>Marsh Creek</b>	3050 New Hope Road, 27604	996-4920
<b>Event Information Line</b>		996-4921
<b>Method</b>	514 Method Road, 27607	831-6066
<b>Millbrook Exchange</b>	1905 Spring Forest Road, 27615	872-4156
<b>Optimist</b>	5900 Whittier Drive, 27609	870-2880
<b>Peach Road</b>	911 Ileagnes Road, 27603	807-8545
<b>Pullen</b>	408 Ashe Avenue, 27606	831-6052
<b>John P. "Top" Greene Center</b>	401 MLK Jr. Boulevard, 27601	831-6527
<b>Ralph Campbell</b>	756 Lunar Drive, 27610	250-2757
<b>Roberts</b>	1300 E. Martin Street, 27610	831-6830
<b>Sanderford Road</b>	2623 Sanderford Road, 27610	831-1898
<b>Sgt. Courtney T. Johnson</b>	1801 Proctor Road, 27610	831-6719
<b>Tarboro Road</b>	121 N. Tarboro Street, 27610	831-6505
<b>Walnut Terrace</b>	111 W. Lee Street, 27601	831-6155
<b>Worthdale</b>	1001 Cooper Road, 27610	250-2730
<b>Unstaffed Neighborhood Centers</b>		
<b>Brentwood c/o Green Road</b>	3315 Vinson Court, 27604	872-4140
<b>Eastgate c/o Millbrook</b>	4200 Quail Hollow Drive, 27609	872-4156
<b>Garris Building c/o Jaycee</b>	820 Clay Street, 27605	831-6833
<b>Glen Eden Pilot c/o Jaycee</b>	1500 Glen Eden Drive, 27612	831-6833
<b>Kiwanis c/o Optimist</b>	2525 Noble Road, 27608	870-2880
<b>Powell Drive c/o Method</b>	740 Powell Drive, 27606	831-6066
<b>Swimming Pools – Summer</b>		
<b>*phone numbers are active only during seasonal operation hours</b>		
<b>Biltmore Pool</b>	701 Crown Crossing Lane, 27610	831-6736
<b>Chavis Pool</b>	720 Chavis Way, 27601	831-6565
<b>Lake Johnson Pool</b>	1416 Athens Drive, 27606	233-2111
<b>Longview Pool</b>	321 Bertie Drive, 27610	831-6343
<b>Ridge Road Pool</b>	1709 Ridge Road, 27607	420-2322
<b>Swimming Pools – Year Round</b>		
<b>Pullen Aquatic Center</b>	410 Ashe Avenue, 27606	831-6197
<b>Optimist Pool</b>	5902 Whittier Drive, 27609	870-2882
<b>Millbrook Exchange Pool</b>	1905 Spring Forest Road, 27615	872-4130

# Unique Facilities

## Amusements

### Pullen Park Amusements

Pullen Park Amusements will be closed for the 2010 Season for renovations. We appreciate your patience while work is being done and look forward to seeing you for a Grand Re-Opening in Spring 2011. For project details, visit [parks.raleighnc.gov](http://parks.raleighnc.gov) and click "Park and Greenway Planning."

### Chavis Park Carousel

Chavis Carousel will have the following hours of operation until September 26 when it closes for the season.

#### Hours of Operation

F,Sa	11:00am-5:00pm
Su	1:00-5:00pm

Hours are subject to change based upon upcoming Chavis Park renovations.

## Arts Centers

### Pullen Arts Center

105 Pullen Road Raleigh, NC  
Eliza Kiser (919) 996-6126

Pullen Arts Center offers specialty studio programs in jewelry-making, printmaking, clay, weaving, and glass arts, in addition to classes in painting and drawing. The extensive studios and equipment, and the well-trained core of instructors make these studios some of the most desired in the area.

### Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612  
(919) 420-2329

Director: Jill Brown (919) 420-2329

Along with classes in painting, drawing, fiber arts, kids art classes and pottery, Sertoma Arts Center offers a well-equipped black and white darkroom studio, making it possible for adults to experience the art of photography. Programs in music, dance, and fitness allow participants to improve their health and vitality while engaged in the arts.

## BMX Track

### Bicycle Motorcross Track

Capital City BMX would like to invite you to visit the track at Lions Park off Capital Boulevard in Raleigh. BMX racing is exciting fun for the entire family! We have riders from 2-65 years old and it's always free for spectators. Racing season is from February to mid-December. To be eligible to race you must first become an American Bicycle Association (ABA) member. The fee is \$45 a year and trial memberships are also available for only \$1. Membership applications can be obtained at the track during practice nights, Sunday races, or on the website. Practices are Thursday afternoons/evenings and Sundays prior to the race. Races are every Sunday with

registration and practice from 1:00-2:30pm or later in the day depending on the time of year. Racing starts soon after registration ends and the fee for racing is \$10. Contact our hotline at 919-834-4BMX(4269) or visit our website at [www.ccbmx.com](http://www.ccbmx.com) to see videos and and more. See you at the races! CCBMX offers new rider clinics to help riders of all skill levels learn the basics of BMX. These clinics will cover the basics of BMX racing including, gate starts, passing, pumping, bike maintenance and many other topics. New members can take their first clinic for free. The regular cost for the clinic is \$5. Clinics are scheduled for the last Saturday of each month 9:30am check-in and 10am-12noon clinic session, weather permitting. The track must be dry. Please call the hotline or check the website for up-to-date information: 919-834-4269 (BMX hotline) extension 0 for live feedback [www.ccbmx.com](http://www.ccbmx.com)

**2009 Clinic Dates** (2010 dates [www.ccbmx.com](http://www.ccbmx.com))

July 25	Sa
August 29	Sa
September 26	Sa
October 24	Sa
November 21	Sa

## Historic Homes

### Mordecai Historic Park

1 Mimosa Street  
Raleigh NC, 27604  
(919) 857-4364  
[www.raleighnc.gov/mordecai](http://www.raleighnc.gov/mordecai)

**Site Manager** – Troy Burton

Email: [Troy.Burton@ci.raleigh.nc.us](mailto:Troy.Burton@ci.raleigh.nc.us)

**Assistant Site Manager** – Erin Campo

Email: [Erin.Campo@raleighnc.gov](mailto:Erin.Campo@raleighnc.gov)

### Mordecai Historic Park

The Mordecai House at Mordecai Historic Park is the oldest home in Raleigh on its original location and houses a fine collection of early southern decorative arts. Historically, the Mordecai House was the seat of one of the largest plantations in Wake County encompassing more than 5,000 acres. The park also features historic structures moved to Mordecai for preservation, including the Birthplace of Andrew Johnson and St. Mark's Chapel. The Chapel and grounds are a popular spot for wedding rentals. Tours of the Mordecai Mansion and other historic buildings are offered Tuesday through Sunday, the cost is \$5 for adults, \$3 for youth (7-17), \$3 for seniors (65+), and children 6 and under are free. In addition, Mordecai conducts family friendly events throughout the year. For tour times and other information call 857-4364.

### The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available for weddings, receptions, meetings, small conferences and other approved functions. For more information contact Elaine Ford at 831-6009 or Steve White at 831-6851.



# Unique Facilities

## The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information contact Janet Plummer at 831-6430 or Steve White at 831-6851.

## Lake Benson Park

1807 Buffalo Road  
Garner NC, 27529  
(919) 919-662-5703  
Seasonal (March-October)

### Boat Rentals

A variety of motorized and non-motorized boats are available for rent at each of the Raleigh Lakes (weather and temperature conditions permitting) (see below). At least one person in the boat must be 16 or older. Availability of boat types varies at each lake facility. Please contact each facility for additional information.

preclude boat rental operations from taking place. Again, it is a good idea to call ahead to determine current conditions.

### Winter rentals (Jon boats and Pedal boats only):

Boat rentals from November through March will be based on the 100 degree rule, which was taken from the Coast Guard method of analyzing hypothermia scenarios. Both the water and air temperatures will be taken on a daily basis. If both temperatures combined add up to 100 degrees or more, then boat rentals will be allowed. If the combined water and air temperatures fall below 100 degrees, then no boat rentals will be conducted. Please call park office for daily conditions.

## Private Boat Launchings

Lake Wheeler and Lake Johnson only

\* Season boat launch passes can be used at Lake Johnson (non-motorized and non-trailer boats only) and Lake Wheeler.

### Lake Johnson

Privately owned boats (non-trailered and non-gas powered) may be launched at Lake Johnson upon payment of a nominal mandatory launch fee (see below). Private boats may be launched anytime between sunrise and sunset, Tuesday-Sunday (October-March), at Lake Johnson unless the park has been closed due to a city-wide special event. Any park/lake closing will be announced in advance. Boats must be off the water 15 minutes prior to sunset. Boats may be launched at the designated area located on the beach. Boats shall not be launched from private property surrounding the lake. Vehicles driving towards the lake should halt at the loading zone sign adjacent to the Waterfront Program Center and proceed to the concession area where the launch passes can be purchased.

### Lake Wheeler

Powerboats of most types, along with all non-motorized craft may launch at Lake Wheeler. It should be noted however, that personal watercraft (PWC's) — a formal term used to describe jet-ski type of boats — are not allowed to launch at Lake Wheeler as per City of Raleigh Ordinance. In addition, Lake Wheeler has also enacted (per City Ordinance) limited no-wake hours from sunrise to 11:00am on Tuesdays, Thursdays, and Saturdays year-round. Boats of all types (with the exception of PWC's) may launch during these no-wake hours however, the operators of these boats must operate their craft in a manner that will not create sizeable wakes. These limited no-wake hours were enacted to afford a variety of very small fishing boats and non-motorized boat users the opportunity of using the lake without fear or concern for dangerous wakes that can interrupt recreational activities.

Lake Wheeler continued next page —



## Lakes Facilities

### Lake Johnson Park

4601 Avenet Ferry Road  
Raleigh NC, 27606  
(919) 233-2121  
**Park Manager** — Richard Costello  
Email: Richard.Costello@ci.raleigh.nc.us  
Year-round (October-March closed Mondays)

### Lake Wheeler Park

6404 Lake Wheeler Road  
Raleigh NC, 27603  
(919) 662-5704  
**Park Manager** — Chris Murray  
Email: Chris.Murray@ci.raleigh.nc.us  
**Assistant Park Manager** — Ben Coats  
Email: Ben.Coats@ci.raleigh.nc.us  
Year-round (October-March closed Mondays)

### Shelley Lake

1400 W. Millbrook Road  
Raleigh NC, 27612  
(919) 420-2331  
(919) 233-2121 for immediate assistance  
**Park Manager** — Richard Costello  
Email: Richard.Costello@ci.raleigh.nc.us  
Closed

### Jon Boats

\$4/hour w/o motor  
\$20/all day w/o motor  
\$10/hour w/motor

### Pedal Boats

\$6 per 1/2 hour  
\$8/hour

### Canoes/Kayaks

\$5/hour

### Sunfish Sailboats \$10/hr

\$10/hour (\$20 deposit -  
1 person must be at least 18)

**For Boat Rentals Please Note:** Individuals desiring to rent a jon boat may bring their own electric motor (gas motors are prohibited at Lake Johnson, Shelley Lake, and Lake Benson). Lake Wheeler allows gas motors up to 10hp on jon boat rentals. Individuals desiring to rent a Sunfish Sailboat must first demonstrate proof of experience. Inexperienced users will not be permitted to rent a sailboat.

### Factors Affecting Boat Rentals:

Inclement Weather. Upon first hearing of thunder or notice of lightning, all rental boats will be required to return to the waterfront center. In addition, rental boats will not be rented during inclement weather. Boat rental operations may again take place 30 minutes after a storm has passed. High winds resulting in small white cap conditions will

# Unique Facilities

Lake Wheeler continued —

Private boats may be launched anytime between sunrise and sunset, 7-days a week, year-round, at Lake Wheeler unless the park has been closed due to a city-wide special event. Any park/lake closing will be announced in advance. Boats must be off the water 15 minutes prior to sunset. All boats must launch by the designated launching docks. Boats may not launch from any other area along the lake to include the old Penny Road launch area, nor can boats launch from private property surrounding the lake. The speed limit on Lake Wheeler is 40 mph. Established launch fees are not based on boat type, but a general recreational fee levied upon users for the right to place a boat on Lake Wheeler. Boaters should first halt at the stop sign adjacent to the Waterfront Program Center and then proceed to the concessions area to pay launch fees.

## Launch Fees

### City of Raleigh Residents

\$4 Daily    \$50 Half Season    \$100 Season Pass  
(July 1-Dec 1) and (Jan 1-Dec 31)

### Non-City of Raleigh Residents

\$6 Daily    \$75 Half Season    \$150 Season Pass  
(July 1-Dec 1) and (Jan 1-Dec 31)

## Fishing Opportunities

There are many opportunities for fishing at Raleigh Lakes. We ask that you please follow these guidelines.

- Because the lakes are considered secondary water reservoirs, bank fishing (from the shores) of Lake Benson, Johnson, and Wheeler are prohibited by Raleigh City Ordinance.
- Fishing is permitted from Lake Johnson boardwalk, designated fishing piers, dock Simpkins Pond, and Shelley Lake shorelines and docks. Fishing from any boat is allowed at all Lakes. Please check each facility for regulations and/or fees.
- Please deposit all trash in receptacles.

## Lake Wheeler

Fees (mandatory for all patrons fishing on foot, ages 12-62)

**City of Raleigh Residents**    \$2.50 Daily

**Non-City of Raleigh Residents**    \$3 Daily

\*Bait sales available at Lake Johnson, Shelley Lake and Lake Wheeler\*

## Fishing Tackle Loaner Program

Want to have fun like you've never had before? Go fishing! Whether you're 8 or 88 years young, you can borrow a rod and reel from us for FREE; just like checking out a book at the library. When a participant signs up for the program and completes the registration form, the participant will be issued a permanent rod and reel loaner card and may check out a rod and reel for a certain amount of time. The card must be kept in the park office while the participant is

borrowing the equipment. If equipment is not returned or returned in poor condition, they will lose their card and benefits.

The program is designed to introduce children and adults to the wholesome outdoor activity of angling. Currently, 27 states take part in the Program. It allows kids and adults to go fishing anytime of the year, regardless of experience or amount of personal equipment. So, come out, soak up the sunshine, take in the fresh air, and get ready for extra excitement when the big one bites! Availability of equipment and supplies is limited. Available at all Raleigh lakes.

For additional information or to gain more experience in the sport of angling, make sure to check out our various fishing classes that are offered.

## Lake Facility Rentals

The Conference Rooms and open deck areas at both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/ receptions, family reunions, company outings, business meetings, etc. The Conference Rooms, which are 25' x 40', overlook a scenic view of the lakes. The rooms include a warming kitchen that consists of a refrigerator, ice machine, microwave, coffee pot, and countertop space. Reservations should be made in advance. Also, available to rent is our large deck area with a covered verandah. Individuals/organizations desiring to have beer and wine present for their functions should contact the Park Office for additional details and requirements.

### Rental Prices:

**Conference Room** \$60 per hour

**Conference Room, and Verandah** \$90 per hour

**Conference Room, Deck and Verandah** \$120 per hour

**Refundable security deposit** \$75

\*Additional fees may apply

## Magnolia Cottage at Lake Johnson

The Magnolia Cottage offers a truly unique and innovative dimension to the recreational experience. Nestled deep within the serene woods, the house has a picturesque and peaceful setting ideal for both intimate and professional functions, and a host of recreational activities. Built by a student of Frank Lloyd Wright, the Magnolia Cottage mirrors the mastery in design and the use of light the architect is noted for. These architectural elements are evident in all three of its spacious and inviting rooms, in addition to an enclosed screened porch and private, outdoor deck.

### Rental Price

\$280 for a minimum of 4 hours

\$70 each additional hour

\$40 non-refundable staffing fee

\$75 refundable security deposit

\*Additional fees may apply

## Additional Fees

- Deposit: a \$75 refundable cleaning/ security deposit will be required. Deposit will be returned if Conference Room or Magnolia Cottage is restored in the same condition as found.
- Fee: a \$40 non-refundable staffing fee will be required. This fee covers the cleaning prior to and after your rental as well as the set-up/break-down.
- After-Hours Fee: Rentals lasting beyond normal park closing hours (sunset) will require an additional \$40/hour charge to maintain a part-time park employee on hand. No rentals past 12:00am.

## Covered Picnic Shelters

Size of shelters varies at each lake facility. Please contact park office for more information.

**Lake Wheeler** – minimum two hour rental

\* X-Large Picnic Shelters

150-175 patrons    \$15/hour

\* Large Picnic Shelters

60 patrons    \$12/hour

\* Medium Picnic Shelters

30 patrons    \$9/hour

**Lake Johnson** –

\* Small Picnic Shelters

10-20 patrons    \$7/hour

\* Medium Picnic Shelters

30-50 patrons    \$9/hour

For reservations at Lake Benson Park, please contact Garner Parks and Recreation at (919) 772-4688

Lake Wheeler Volleyball courts can be reserved for a fee. Contact us for more information.

## Tennis Center

### Millbrook Exchange Tennis Center

1905B Spring Forest Rd

**Tennis Director:** David Bell 872-4129

### Building Hours

M-F    9:00am-9:30pm

Sa,Su    9:00am-6:00pm

Court lights are on everyday until 10:30pm.

The Millbrook Exchange Tennis Center serves as the flagship facility for the City of Raleigh Park and Recreation Tennis Program. This fully functional tennis facility includes 23 lighted courts, four backboards, a conference and meeting center, observation deck and pro shop. The pro shop sells balls and accessories and has a stringing service which guarantees a 24-hour turn around time. In addition, there is an active drop in doubles challenge court and a ball machine for rent. Monday and Thursday mornings are "senior" play days for senior adults age 55 and throughout the year. Play begins at 9am. This is a drop in mixer with all levels of play. Players can simply show up to play without pre-registering.

# Unique Facilities



## Rental Facilities

### Anderson Point

20 Anderson Point Drive

Office: 919-831-6640

Fax: 919-831-6470

**Plan your wedding, meetings, team building**

**seminars, family and high school reunions today!**

Escape everyday living and come out to the countryside. Anderson Point is the perfect place to get away from life in the city and to let your mind dance along the Neuse Corridor. Sit on top of the spiral overlook or in our wooden swings and marvel at the panoramic view of the beautiful rolling hills. The cottage is the main attraction of the park; it's original hardwood floors and decorative painted trim offers a distinguished charm. You will appreciate the natural environment of our 89 acres of open recreation and leisure areas with three informal sport fields, greenway trails, garden gathering area, our unique children's playground, canoe launch, and two rental shelters large enough to accommodate a social gathering of any size. Let Anderson Point make your next event an experience to remember.

### Durant Nature Park

8305 Camp Durant Road.

Raleigh, NC 27614

**Park Manager** – Karen Berry

870-2871 (park office)

email: karen.berry@raleighnc.gov

### Park and Facilities

Enjoy the ambience of a natural wooded setting, miles of hiking trails along a stream

and through woodland wildflowers and fern gardens. Experience the interpreted bird and butterfly garden or the 12-acre lake with fishing and scheduled canoeing. A picnic shelter, playfield and playground can be found in the park. Durant Nature Park is also open year-round from 8:00am until dusk, 7 days a week. Enjoy the outdoors in this amazing setting with a variety of classes and recreational opportunities for the entire family! Call the park office for more information or to be put on our mailing list.

### Campbell Lodge

Seats 200. Perfect for wedding receptions, family reunions or other large events. Includes large warming kitchen, Great Room with 2 stone fireplaces, icemaker, tables and chairs and walk-in cooler. Day and evening use (until midnight). Hourly rate: \$90 plus \$75 damage deposit. \$20/hour additional after 6:00pm.

### Training Lodge

Sleeps 38; Seats 50. Smaller group use for overnight or daytime use. Kitchen facilities, 22 bunk spaces with 16 add-on cots; large multi-purpose room with tables and chairs. Hourly rate: \$40 plus \$75 damage deposit. \$20/hour additional after 6:00pm. Overnight rate: \$160 plus \$75 damage deposit (check-in: 1pm; check-out 10am)

### Sassafras Picnic Shelter

Seats 75. Near 12-acre lake, large play field and easy access to trailheads. Rate: \$12/hour with two hour minimum (clean up time included).

### Primitive Camping Tent Sites

Organized groups only. No family, individual or long-term camping allowed. Rugged

lakeside setting. Rate: \$2/person/night (\$20 minimum)

### Pullen Community Center

Pullen Community Center is located in Pullen Park at 408 Ashe Avenue (next to Pullen Aquatic Center). Our facilities include 3 large and 2 medium size program/meeting rooms, fitness room, computer lab, and a game room (one pool table). Meeting rooms are available for parties, meetings and special occasions on a space available basis. Call for rates and booking information. Participants may register for a wide variety of activities at Pullen Community Center. Some of our programs include karate, fitness, yoga, bingo, and ballroom dance. Join our fitness room for only \$10 per month with no contract. For a complete listing of programs visit our web site at [parks.raleighnc.gov](http://parks.raleighnc.gov). You may register for city wide programs at your local community center (some restrictions may apply). We provide quality programs by hiring qualified, well trained staff and instructors. If you are interested in starting a new program or would like to instruct a class, please contact the Pullen Community Center Director. Questions, comments and ideas are welcome. Shelter reservations can be made through Pullen Amusements at 831-6468. Contact Pullen Aquatics at 831-6197 for your aquatic needs.

## Wetland Center

### Walnut Creek Wetland Center

Walnut Creek Wetland Center is one of the City of Raleigh's newest Parks and Recreation facilities. The Center is located just south of downtown adjacent to the urban wetlands along Walnut Creek. The facility's design incorporates numerous green building techniques and products.

A variety of programming is available for groups and individuals ranging in age from preschool to adult. Program topics include wetlands, composting, recycling, birding, and more.

You are invited to come enjoy the center at your leisure, explore our educational displays, wander the greenway trails, or relax in a rocking chair on the expansive deck overlooking the floodplain. There is no cost to visit the center.

### Hours of Operation:

T-Sa	10:00am-Dusk
Sunday	1:00pm-Dusk
M	closed

The Walnut Creek Wetland Center has three rooms available to rent for meetings and small gatherings. The deck may also be rented in combination with a room rental. Call (919) 831-1960 for pricing and information.

# Program Descriptions

## Adventure Program

**Program Manager** Seth Yearout

The Adventure Program provides Raleigh and surrounding communities with instructional opportunities in a diverse range of activities including kayaking, canoeing, climbing, mountain biking, whitewater rafting, and many other activities. Experienced staff members are dedicated to providing students with quality instruction while helping participants explore new worlds of potential, competency, and discovery. The Adventure Program provides enjoyable adventure experiences that embrace experiential learning, create an atmosphere where group experiences help to create a sense of team, provide instructional foundations in a range of adventure activities, and focus on safety issues and manage risks in the most proactive manner. Come join us for an adventure this year. For information on any adventure program, call 831-6855 or 807-5414.

## After School X-Press

The After School X-Press Program is being offered at all local Community Centers for children K-6th grade. The program strives to make available a high quality program at a low cost. Our goal is to include a variety of programs such as:

**Arts and Crafts** – Bring out the creativity that is in all children by introducing them to a variety of arts media and crafts projects.

**Computer Education** – Reinforce skills learned at schools through educational software.

**Sports and Fitness** – Introduce children to a variety of sports and recreational games.

**Homework Assistance** – Offered in the program on a limited basis depending on the needs of the child. Emphasis of after school program is on recreational activities.

**Nature** – Introduce children to the diversity of nature through hands-on recreational activities.

**Music** – Introduce children to a variety of musical components through games, art projects, and other organized activities.

**Cooking and Nutrition** – Introduce children to basic cooking skills and healthy eating habits. Please call 831-6165 for more information.

## Track Out X-Press

Raleigh Parks and Recreation is proud to present a new program, Track Out X-Press, for grades K-6. The program strives to make available high quality activities at a reasonable cost. This program provides a stimulating and exciting atmosphere through highly organized activities ranging from arts and crafts, sports/games, field trips, educational

computer activities, nature programs and much more. The camp is staffed with caring and experienced counselors.

Additional specialty programs will be offered throughout the year such as swim lessons, sports clinics, special art classes, adventure programs, and much more. Please call 831-6165 for more information.

## Play Smart

**Age:** 3-5yrs. Children will rotate through different stations in small groups during this one-day, 1.5 hour program that is offered in the gym at several community centers on selected mornings in Feb-Apr. Physical fitness and safety activities involving City of Raleigh Firefighters and Police Officers are the primary focus. A kid-size city with pedal cars will be used to teach children about driver and pedestrian safety. Parents, guardians, or teachers are required to stay during the program. Contact: 831-6505 or your local community center for details. Class Fee: \$5

## Arts Program

Explore the Arts Program's two unique facilities: Pullen Arts Center and Sertoma Arts Center. The arts centers offer creative atmospheres for both the novice and the professional to enjoy and grow in. Friendly, nurturing, and professional arts instructors, specialized equipment, large studio spaces and classrooms, a Gallery Program featuring changing exhibits of beautiful and unique works of art, and natural park settings make the experience of participating at the arts centers inviting for all ages and abilities. Many participants also take advantage of our "Open Studio Time," offered in select studio areas, where qualified studio card holders can work on their art and use studio equipment and amenities in a non-instructional environment. While each arts center has its' own specialized studio areas, both offer fundamental studio classes in painting, drawing, and pottery ranging from beginner to advanced levels, as well as specialty summer arts camps with visual arts and theatre arts emphasis for youth. If you love to be outdoors, you may want to enjoy live entertainment under setting suns and rising stars with the Arts Program's many outdoor concerts, festivals, and fairs. Some of the best local and regional talent is always on display, whether it's an award-winning blues band, a grand-scale illusion show, or the original artwork of well-known artisans. These events take place in Raleigh Parks and Recreation's arts centers, parks, and many unique community facilities throughout Raleigh. There are free events, ticketed events, events for children, for adults, and for the whole family to enjoy. You'll



have opportunities to participate, observe, or relax and be entertained. We hope you will join us in one or more of these unique arts experiences throughout the year...and that you will be inspired to create! For information on the Arts program, call 831-6854.

## Aquatics Program

### Admission Fees

To ensure everyone's safety, all visitors passing the front desk must pay! Children 12 years old or younger must be accompanied by paying adult.

At The Door	Resident	Non-Res
1-12 years	\$1	\$2
13-54 years	\$3	\$6
55 and older	\$2	\$4

### Punch Passes

Purchased at each pool for 15 swims.

	Resident	Non-Res
1-12 years	\$12	\$24
13-54 years	\$36	\$72
55 and older	\$24	\$48

### Photo I.D. Pass

purchased at:

**Raleigh Parks and Recreation Department  
2401 Wade Avenue**

8:30am-5:15pm, Monday-Friday  
Payments by check or money order.  
Credit card purchases available at Wade Avenue.

Month Pass	Resident	Non-Res
1-12 years	\$10.50	\$21
13-54 years	\$31.50	\$63
55 and older	\$21	\$42

Annual Pass	Resident	Non-Res
(valid one year-to-date)		
1-12 years	\$60	\$120
13-54 years	\$180	\$360
55 and older	\$120	\$240

All passes are not transferable and become property of the City of Raleigh upon expiration date. Replacement passes are available for \$10.

# Program Descriptions

## Aquatics Program Schedule

Dates of Operation	Hours of Operation	Dates Closed
<b>Millbrook Pool</b> 872-4130 1905 Spring Forest Road		
October 12 – December 31	<b>Public Open Swim</b> M-Th 12:30-5:30pm F 12:30-8:00pm Sa 12:30-5:30pm Su 1:00-5:30pm <b>Adult Lap Swim</b> M-F 5:30am-8:00pm Sa 6:00am-5:30pm Su 7:00-9:30am and 1:00-5:30pm	Closed for annual maintenance September 28-October 11, 2010
<b>Optimist Pool</b> 870-2882 5902 Whittier Drive		
September 24 – December 31	<b>Public Open Swim</b> M-F 9:00am-8:00pm Sa 12:30-5:30pm Su 1:00-5:30pm <b>Adult Lap Swim</b> M-F 5:30am-8:00pm Sa 6:00am-5:30pm Su 1:00-5:30pm	Closed for annual maintenance September 2-23, 2010
<b>Pullen Aquatic Center</b> 831-6197 410 Ashe Avenue		
August 30 – December 31	<b>Public Open Swim</b> M-Th 9:00am-5:00pm F 9:00am-8:00pm Sa 12:30-5:30pm Su 1:00-5:30pm <b>Adult Lap Swim</b> M-F 5:30am-8:00pm Sa 6:00am-5:30pm Su 1:00-5:30pm <b>Diving Boards</b> Sa 12:30-5:30pm Su 1:00-5:30pm <b>Teaching Pool</b> M-Th 12:00-5:30pm F 9:00am-8:00pm Sa 12:30-5:30pm Su 1:00-5:30pm	Closed for annual maintenance August 1-29, 2010
<b>All Pools</b>		
—	—	<b>Holiday Closings</b> Thanksgiving November 25-26, 2010 Christmas December 24-25, 2010 New Year's Eve (closed at 12:00pm) December 31, 2010 New Year's Day (open at 12:00pm) January 1, 2011

# Program Descriptions



## Raleigh Arts Commission

The Raleigh Parks and Recreation Department welcomes our newest division, the Raleigh Arts Commission! Established in 1977 as the official advisory body and advocate for the arts to the Raleigh City Council, the Commission proudly holds the distinction of being the first municipal arts commission created in North Carolina. Serving as the leading force to champion the arts with Raleigh citizens and their representatives, the Commission's myriad activities foster, support, and promote the arts in the Capital City. For learn more about Arts Commission programs, please visit [HYPERLINK "http://www.raleighnc.gov/arts"](http://www.raleighnc.gov/arts) or call (919) 996.3610.

### Mark your calendars now!

We hope you can join us for our bi-annual Raleigh Medal of Arts Awards Ceremony on October 6 at 7:00pm, at the Fletcher Opera Theater at the Progress Energy Center for the Performing Arts. The event is free to the public on a first come, first serve basis. We look forward to a sparkling celebration of the Arts in Raleigh!

Also Saturday, October 2, we will be offering an afternoon literary reading by Piedmont Laureate Zelda Lockhart at Cameron Village Public Library. Ms. Lockhart will be featuring work from her new book, **Fifth Born II: The Hundredth Turtle**. The Piedmont Laureate program, supported in conjunction with five other area arts agencies, is dedicated to building a literary bridge for residents to come together and celebrate the art of writing, enriching the lives of all our citizens.

Another exciting special arts event in the fall is the unveiling of three new sculptures on exhibit for one year as part of the Art on City Plaza public art program. Co-sponsored by Visual Art Exchange (VAE) and Artspace, the sculptures will debut as part of VAE's Sparkcon arts and creativity festival in September. Be on the lookout for a public participation art event as a part of this celebration—come "think art" with your neighbors!

The Raleigh Arts Commission also proudly offers visual arts exhibitions through the Block Gallery Municipal Building Art Exhibition program. Connecting local artists to community through ongoing exhibitions and public outreach, the Miriam Preston Block Art Gallery is located on the first and second floors of the Avery C. Upchurch Government Complex. The gallery was dedicated in 2006 to honor Miriam Preston Block, a former Raleigh City Council member and community leader. The gallery is open Monday through Friday from 8:30am-5:15pm, except on holidays. Additionally, this year the Commission has added a new exhibition space for video artwork, Block2, located at Urban Design Center, 133 Fayetteville Street. The



Block2 Street Video series runs concurrently with municipal building Block exhibitions.

Come experience the great work of local artists! Join us for the following upcoming Block and Block2 exhibitions (all opening receptions take place in the municipal building):

**Over/under** August 5-September 20, featuring the artwork of Eduardo Lapetina, Kristina Five Skinner, and Elizabeth Thabet; videos by Miles Holst and Lincoln Hancock (with special literary reading by Piedmont Laureate Zelda Lockhart at the opening reception August 5).

**Rew/fwd (rewind/fast forward)** September 30-November 22, featuring artwork by Georges Le Chevallier, Brian Gonzales, and Garrett Scales;

# Program Descriptions

videos by AV Geeks. Cases feature a display by NCSU Textile and Apparel Technology and Management students. Opening reception featuring live music September 30, 5-7pm.

## **The 8th National Arts Program Exhibition**

December 2, 2010-January 17, 2011.  
Celebrating artwork by City of Raleigh and Wake County employees and their families, co-sponsored by the Raleigh Arts Commission and the United Arts Council of Raleigh and Wake County. Opening reception featuring bluegrass music: December 2, 5-7pm.

Thank YOU for your involvement and support of arts in the City of Oaks. Think Art!

## Athletics Program

### **City Athletic Director**

Jane Bailey

### **Athletic Program Supervisors**

David Tugwell and Susan McFarland

The Athletics Program is dedicated to providing quality athletic competition, instruction, and participation for youth and adults in Raleigh through camps, clinics, and leagues. Youth Athletics Programs cater to children ages 5-18 and provide numerous benefits from playing in organized youth sports. Youth sports sponsored by the City of Raleigh Parks and Recreation Department provide the opportunity for boys and girls to learn good sportsmanship and progressively develop skills. The Adult Athletics Program provides a great opportunity to stay active, encourage social interaction and community involvement while providing a safe, fun, family atmosphere. Officials, scorekeepers, and coaches are always needed for both youth and adult programs. For information on any athletic program, call 831-6836. Please see page 40 for specific program information. Athletic Teams/Leagues are not currently available for online registration. Please visit our web site ([parks.raleighnc.gov](http://parks.raleighnc.gov)) to print the forms needed to register for the leagues. Please do not use the class registration form in this publication. You can only sign up during the registration period.

## **North Carolina High School Athletic Association State Championships**

The Raleigh Parks and Recreation Department, North Carolina State University and the Greater Raleigh Convention and Visitors Bureau will be hosting Swimming and Diving, Basketball, Women's Soccer, Baseball and Softball state championships. For information call 831-6688.

**Swimming and Diving** Feb 7

**Basketball** Mar 14

**Women's Soccer** May 29-30

**Baseball** June 5-7

**Softball** June 5-7

## Community Centers

### **Community Center Program Supervisors**

Lynn Warren, Lynne Mullins,  
and Kristen Shea

The community centers in the Raleigh Parks and Recreation Department offer diverse leisure and educational opportunities to serve the needs of citizens of all ages and abilities. In an effort to maximize participation, a full compliment of leisure services are available with a goal of maximizing all available time and space. Program categories offered within each facility include arts, athletics, nature, educational, teens, adult and youth. Each site hosts community events and festivals and additionally, collaborates with other agencies to offer specialized programs. Facilities are also available for public rentals such as reunions, parties, retreats, meetings and picnics. For information on Community Centers, call 857-4366 or 831-6677.

## Corporate Leisure Services Program

### **Program Supervisor:** Allison Jones

The City of Raleigh Parks and Recreation Department, in an effort to further serve the community, has a unique program especially designed for the corporate sector. The Corporate Leisure Services (CLS) program is an integrated package of professional recreation services available to area businesses. CLS specializes in coordinating company picnics and family days, holiday parties, meeting management, as well as employee appreciation luncheons and other social occasions. Corporate Leisure Services also offers customized teambuilding workshops designed to address the specific goals of your group. CLS provides professional event planning services for a wide variety of corporate needs. Please visit CLS online at [parks.raleighnc.gov/CLS](http://parks.raleighnc.gov/CLS) for more information. Contact us today because it shouldn't be all work and no play! For more information on the CLS program, call 996-4818.

## Design Development

The Design Development Division of Parks and Recreation includes the Capital Improvement, Greenway, and Long Term Planning Sections. While Design Development does not offer specific programs for the public, staff is constantly engaging neighborhoods and communities through master plan meetings, greenway implementation, park renovations. Behind the scenes staff is using GIS technology to maintain a database of current park property and to locate search areas for new park

property. If you are interested in reviewing our current projects please visit our website at [www.raleighnc.gov/parkplan](http://www.raleighnc.gov/parkplan) or call 996-4774.

## English as a Second Language Program

### **Program Director** – Monica Quechol-Bradley

The English as a Second Language Program (ESL) offers new and innovative recreation opportunities and experiences for residents of Wake County who speak English as a Second Language. Programs are geared towards youth and adults alike. Opportunities include various foreign language classes, summer camp experiences, English as a Second Language classes, computer classes and dance among many others. Volunteers are always needed to assist with promoting our programs and help teach English. Please refer to community center listings for language classes. For information on the ESL program call 831-6844.

## Greenways

996-4786

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. A major goal of the Greenway Program is to establish a network of interconnected trails. If you would like us to mail you a copy of our greenway map, please call 996-3285. Or you can visit us online at [www.raleighnc.org/parksandrec/greenway\\_map.pdf](http://www.raleighnc.org/parksandrec/greenway_map.pdf) to view a copy of the greenway map.

## Nature Programs

### **Program Director** – Tiffany Frost

e-mail: [Tiffany.Frost@ci.raleigh.nc.us](mailto:Tiffany.Frost@ci.raleigh.nc.us)

Nature Programs are held at various parks, greenways and community centers around the city. They are diverse in topic and are offered for all ages. For information on Nature Programs call 831-6856

Nature Programs for groups:

**Science Afield**  
**Schoolyard Science**  
**Preschool Program**

# Program Descriptions

Program Descriptions continued —

## NeighborWoods

NeighborWoods is the City of Raleigh's street tree program. The program fosters a partnership between the city and its' citizens to help keep Raleigh's trees plentiful and healthy. NeighborWoods provides and prunes the trees, free of charge, and the homeowner must properly plant the tree, on the city right of way, while pledging to water the tree for the first two years. The goal is to plant at least 1500 trees every year, and together, we have planted over 10,500 trees since adopting the program in 2004. NeighborWoods relies upon donations and volunteers, if you would like to contribute, please, mail a check to **Raleigh NeighborWoods – P.O. Box 590, Raleigh, NC 27602**, or add a donation to your water bill via the form on our website. You can volunteer by contacting the Tree Planting Coordinator at 996-4115 or e-mail sherry.graham@ci.raleigh.nc.us. Find more details by visiting our website! From the City of Raleigh home page click on the "Resident" link and then click on the "Trees" link.

## Senior Adult Program

**831-6851**

**Recreation Program Director** – Steve White  
831-6851 Steve.white@ci.raleigh.nc.us  
**Recreation Program Manager** – Carmen Rayfield  
807-8525 Carmen.rayfield@ci.raleigh.nc.us

Senior Adult Program serves over 7,000 seniors throughout the Raleigh area. Activities are offered in several city wide community centers and other off-sites within the City of Raleigh. These activities range from sports leagues such as: tennis, golf, bowling softball and 3-on-3 basketball, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; over 20 one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops on a wide range of topics; and a network of different senior adult clubs throughout the city. Further information can be found throughout this brochure, on our website at [raleighnc.gov/seniors](http://raleighnc.gov/seniors) or call 831-6851.

### Golden Years Clubs

The Golden Years Clubs are composed of persons 55 years and better. Anyone meeting the age requirements may join any the clubs. Interested persons (Raleigh residents and non-residents) are invited to join any of the 48 clubs located throughout Raleigh. Clubs meet weekly or twice monthly. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. A complete list of clubs can be found in the Social Section on our website at [raleighnc.gov/seniors](http://raleighnc.gov/seniors) or call 831-6851.

## Specialized

### Recreation Services

#### Program Director

Nikki Speer 831-6835

#### Special Olympics Wake County Coordinator

Brian Philpot 807-8378

#### Adapted Aquatic Program Specialist

Stephanie Stancil 807-5400

#### Youth and Adult Program Specialist

Meredith Jackson 807-5401

#### Youth and Adult Program Specialist

Jennifer Tabery 807-5402

#### Visually Impaired Program Specialist

Christine Cummings 807-5403

#### Deaf and Hard of Hearing Program Specialist

Bettie Ifftenbach 807-5404

Please be aware that non-resident fees do not apply to our programs at this time. Return registrations to:

**Raleigh Parks and Recreation Department  
Specialized Recreation Services  
2401 Wade Ave  
Raleigh, NC 27607**

Specialized Recreation Services offers a variety of exciting programs for patrons who are developmentally or physically challenged. Fitness, sports, swimming, horticulture, day and weekend trips, arts and crafts, and fun walks are some of the programs offered. Each program is designed to meet the needs and interests of the participants. Whether you prefer social outings, trips or learning a new skill we are sure to have a program that fits your lifestyle. Some eligibility restrictions may apply. For more information on how to increase the quality of your leisure hours and to get on our mailing list, please give us a call.

### Inclusion Services

The Raleigh Parks and Recreation Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate program participation. For participants with special circumstances who wish to participate in any typical program, some accommodations may be available to provide inclusive experiences. Contact 807-5428 for more information or for questions about these services.

### Deaf and Hard of Hearing Program

The Deaf and Hard of Hearing Program offers social outings and day trips for those with hearing impairments, as well as sign language classes for the general public. To receive the "Handflight" newsletter please call 831-6835 or email Chris.Frelke@ci.raleigh.nc.us to be put on our mailing list.

## 2010 Adult Program Trips

For Senior/Adult Trip information, call 831-6851 to get on the mailing list for the following itineraries. You can then receive detailed itineraries which will include prices, departure/return times and more trip details. All trips depart from Jaycee Park, 2401 Wade Avenue.

## September

### Liberty, NC

Stops include the Goat Lady Dairy Farm and the Liberty Country Music Showcase.

September 17 F

### Chicago, IL

The Windy City will offer lots of attractions, tours, great restaurants and more!

September 19-24 Su-F

## October

### Kentucky

Visits include Louisville, Churchill Downs and the rolling bluegrass countryside.

October 7-10 Th-Su

### Haunted Triangle Tour

Lots of fun at local sites that claim to be "spooky"!

October 23 Sa

## November

### Danville, VA

Historic Civil War sites and antebellum homes.

November 6 Sa

### New York City

Enjoy holiday shows, shopping and more in the Big Apple, decorated for the season!

November 18-21 Th-Su

### Rose Hill, NC

Holiday show and tour at the Duplin Winery.

December 15 W

# Program Descriptions

## Visually Impaired Program

The Visually Impaired Program offers a variety of exciting monthly activities for area residents with a visual impairment. Athletic programs include beepball and bowling. We offer a wide variety of trips to sporting events, family outings, both local and statewide day trips. Classes are scheduled according to interest. Each activity is designed to offer instruction and meet the interests of all ages. Our senior citizens group, The Lords and Ladies, enjoy bi-weekly activities, along with trips with the Wake County Support Group. Our choir Seabreeze meets weekly for choir rehearsal and performs for the holidays and in the spring. To receive our bi-monthly newsletter (which is available in large print, braille, and audio) and increase the quality of your leisure time, please call 807-5403.

## Special Olympics Wake County

Raleigh Parks and Recreation Department is proud to sponsor Special Olympics Wake County. SOWC provides year-round sports training and athletic competition in 16 different sports for individuals with intellectual disabilities. If you are unsure of eligibility requirements please call. Special Olympics serves ages 8 and above and in addition offers the non-competitive "Play Activities" program for ages 5-7 through the Wake County School System. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at different times and locations. Athletes may have the option to train on their own if they can't meet our schedule. Be sure to contact us so we can get you the specifics on each sport, as they are available. SOWC is always looking for new athletes, volunteers and coaches; please contact Brian Philpot at 807-8378 for additional information and to get on our mailing list.

## Teen Programs

### Program Supervisors

Dana Youst, Daniel Price and Matt Schnars

The Teen Program at Raleigh Parks and Recreation provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12-18 in the City of Raleigh and Wake County. The purpose of the program is to provide an opportunity for youth to initiate, plan, and implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. The Teen Program encourages youth to take an interest in their personal growth and development, and helps them realize their potential as responsible young adults and their leadership role as a voice for young adults. For information on Teen programs, call 831-6688.

## Custom Teen Programs

Do you have an idea for a great teen activity, but want someone else to help plan and organize it? Let the Teen Program at Raleigh Parks and Recreation plan your next teen event or outing. We have experience planning and providing activities for groups large and small. From an evening trip out to a local event, to a weeklong trip across the state, we can make it happen for your group. Cost for these programs will vary depending on the size of the group and the desired activity. Call us today to hear more about your options for a custom teen program!

## Portable Challenge Course for Teens

Age: 11-18 yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$15 per staff hour of program with a minimum of 2 hours; we require a 1 to 8 staff member to student ratio.

## Raleigh Youth Council

Are you a high school student that is interested in initiating, organizing and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, and fundraising as well as special events such as: Governor's Page Week, Youth Legislative Assembly, Student Government Month, State Youth Conferences, Domino Day, and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The Raleigh Youth Council is sponsored by the Raleigh Parks and Recreation Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating in different types of community service projects or need hours to fill a requirement for your school or organization, check out one of our meetings or call to find out about upcoming opportunities! The meetings take place on the second and fourth Mondays of each month during the regular school year. Cost: There is no membership fee but there

may be additional fees for activities or conferences. Pre-registration is not required. Please contact the Teen Program at 807-5409 for more information.

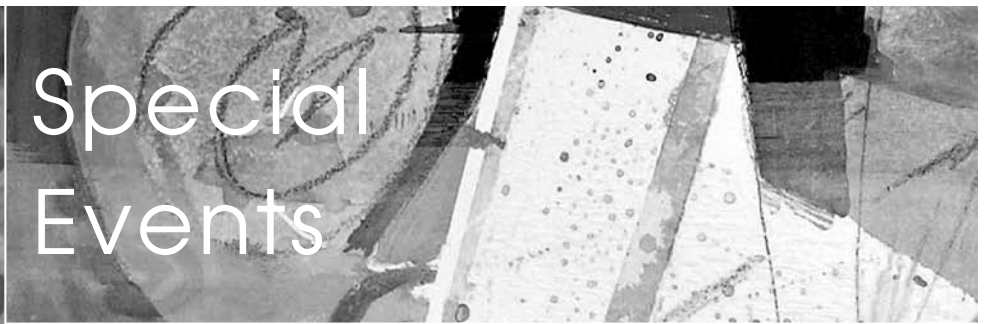
## Tennis Program

### Program Supervisor – David Bell

The Raleigh Parks and Recreation Department offers 112 public tennis courts (108 are lighted) located at 25 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:30pm. Scheduled classes for juniors and adults, from level 1 (no experience necessary, learning the tools you need to play a match), level 2 (learning full swing strokes), level 3 (learning how to hit with spin), level 4 (hitting with spin during match play), level 5 (advanced drills) are currently offered at Millbrook. Level 1 and 2 are offered at Lake Lynn and Kentwood Park. Other tennis activities include adult and junior team tennis, USTA adult, combo, senior and super senior leagues, World Team Tennis leagues, drop in Senior Tennis, Women's Quads, tournaments, cardio tennis and private coaching. There is an active NTRP level ladder program for men and women for singles and doubles. Millbrook Exchange Tennis Center is the hub of activity with 23 lit courts and a front desk which is staffed 363 days a year. Millbrook also has a drop in doubles challenge court, a ball machine court and four backboards. A 24 hour stringing/regripping service is available as well as tennis accessories, entry level racquets and racquets to borrow. Tennis program updates and forms can be downloaded from [www.raleightennis.com](http://www.raleightennis.com). To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 872-4129.

## Volunteer Opportunities

You are invited to become a part of the Raleigh Parks and Recreation Department's Volunteer Program and make a difference in your community. You may volunteer as an individual or as part of a group on a one-time or ongoing basis. The department offers individuals, families, students, businesses and organizations the opportunity to contribute time, talents and resources to our community. Through the efforts of both City staff and volunteers, the Raleigh Parks and Recreation Department can continue its fine tradition of providing quality leisure services to citizens of all ages. For more information, please contact Cindy Trumbower, (919)996-3292 or [cindy.trumbower@ci.raleigh.nc.us](mailto:cindy.trumbower@ci.raleigh.nc.us)



## October

### Sertoma and Pullen Arts Centers Fall Arts Fair

Location: Sertoma Arts Center

Age: All Ages. Join us for an insider's look at the Sertoma and Pullen Arts Centers! Enjoy demonstrations, try out class samplers, and tours of our studios. This is an opportunity to meet teaching artists dedicated to the arts and community! Learn about their creative processes, class offerings and various local projects with which they are involved. While enjoying the center, visit the gallery marketplace featuring original artwork from our instructors and other great local artists! You don't want to miss this event; we will have refreshments, vendors, entertainment, exhibits and more! This is a FREE event open to all! This event is both outdoors and indoors. Location: Shelley Lake Park and Sertoma Arts Center. Class Fee: \$0

#98525 Oct 2 Sa 10:00am-5:00pm

### Kidsfest

Location: Spring Forest Road Park

Age: All Ages. A fun filled day packed with food, entertainment, rides, and enjoyment for the entire family. Raleigh area children services and product providers will be on hand to demonstrate and discuss their importance and availability to you and your family. If you are interested in being a sponsor, sales vendor, or have a display booth for this event, please contact Alicia Lacombe at 831-6152 or via email at Alicia.Lacombe@raleigh.nc.gov. If you are interested in being a food vendor for this event, contact Dan Bagley at 872-4140 or via email at daniel.bagley@ci.raleigh.nc.us. Admission is free! Amusements are priced accordingly. Held at Spring Forest Road Park – 4203 Spring Forest Road in Raleigh. Class Fee: \$0

#100180 Oct 9 Sa 12:00-4:00pm

### Annual Halloween Trail

Location: Durant Nature Park

Age: All Ages. Hike along the Halloween Trail to encounter costumed characters performing family friendly nature based skits. When you reach the trail's end, huddle around the campfire for even more entertainment. Other activities include arts and crafts and games. Event is rain (indoors) or shine. A hay ride to and from your car is included if weather allows. Once again, this event will be by preregistration only and you will choose from three arrival times. Registration ends Tuesday Oct 19 for Friday and Wednesday Oct 20 for Saturday. Fee \$7 adults and children over 3. Children 3 and under are free. Your confirmation form or receipt will serve as your ticket. Class Fee: \$7

#98232	Oct 22	F	6:00-7:30pm
#98233	Oct 22	F	6:45-8:15pm
#98234	Oct 22	F	7:30-9:00pm
#98235	Oct 23	Sa	6:00-7:30pm
#98236	Oct 23	Sa	6:45-8:15pm
#98237	Oct 23	Sa	7:30-9:00pm

### Haunted Mordecai Festival

Location: Mordecai Historic Park

Age: All Ages. Enjoy a night of Halloween themed fun including food, music, games, and crafts on the lawn at Mordecai Historic Park. There will be a costume contest for kids 12 and under at 6pm on the main stage, with prizes going to the top three. Paranormal investigation group: NSPIR will be on site to reveal their findings from the Mordecai House and answer your questions. This event is free and open to the public. No registration necessary. Class Fee: \$0

#99701 Oct 30 Sa 5:00-10:00pm

### Haunted Trolley

Location: Mordecai Historic Park

Age: All Ages. Hop on board the Haunted Trolley, if you dare, for a special late night tour of downtown Raleigh's most haunted places. The trolley departs from Mordecai Historic Park and takes an hour long journey past the Governor's Mansion, the State Capitol, Heck-Andrew's House, Century Post Office, and Oakwood Inn with a special stop at City Cemetery. Class Fee: \$10

#99742	Oct 23	Sa	6:00-7:00pm
#99743	Oct 23	Sa	7:00-8:00pm
#99750	Oct 23	Sa	8:00-9:00pm
#99748	Oct 29	F	6:00-7:00pm
#99744	Oct 29	F	7:00-8:00pm
#99747	Oct 29	F	8:00-9:00pm
#99745	Oct 30	Sa	6:00-7:00pm
#99749	Oct 30	Sa	7:00-8:00pm
#99746	Oct 30	Sa	8:00-9:00pm
#99756	Oct 30	Sa	9:00-10:00pm

### Haunted Mordecai Lantern Tour

Location: Mordecai Historic Park

Age: All Ages. Since the Mordecai House opened to the public in the 1970s staff, volunteers, and visitors have reported paranormal activity. Do you think it is haunted? Take this late night lantern tour to find out for yourself! Class Fee: \$5

#### 5:00pm Tour

#99718 Oct 30 Sa 5:00-5:30pm

#### 5:15pm Tour

#99719 Oct 30 Sa 5:15-5:45pm

#### 5:30pm Tour

#99704 Oct 30 Sa 5:30-6:00pm

#### 5:45pm Tour

#99705 Oct 30 Sa 5:45-6:15pm

#### 6:00pm Tour

#99706 Oct 30 Sa 6:00-6:30pm

#### 6:30pm Tour

#99707 Oct 30 Sa 6:30-7:00pm

#### 6:45pm Tour

#99708 Oct 30 Sa 6:45-7:15pm

#### 7:00pm Tour

#99709 Oct 30 Sa 7:00-7:30pm

#### 7:15pm Tour

#99710 Oct 30 Sa 7:15-7:45pm

#### 7:30pm Tour

#99711 Oct 30 Sa 7:30-8:00pm



#### 8:00pm Tour

#99712 Oct 30 Sa 8:00-8:30pm

#### 8:15pm Tour

#99713 Oct 30 Sa 8:15-8:45pm

#### 8:30pm Tour

#99714 Oct 30 Sa 8:30-8:45pm

#### 9:00pm Tour

#99715 Oct 30 Sa 9:00-9:30pm

#### 9:15pm Tour

#99716 Oct 30 Sa 9:15-9:45pm

#### 9:30pm Tour

#99717 Oct 30 Sa 9:30-10:00pm

### Oak City Classic Pass Punt and Kick/Cheerleader Clinic

Location: Chavis Community Center

Age: 8-15 yrs. The Oak City Classic PUNT, PASS and KICK (PPK) program is a competition for boys and girls between the ages of 8-15 to compete separately against their peers. Girls and boys in four separate age divisions (8-9, 10-11, 12-13, and 14-15) compete against each other in punting, passing and place kicking in a fun and engaging forum. The PPK program is free to every youngster who wants to participate! This is one of series of events that will lead to the college football game between St. Augustine's College and Shaw University on November 6. For more information please call 919-831-6527. Class Fee: \$0

#### Ages 8-9

#99941 Oct 31 Su 3:00-5:00pm

#### Ages 10-11

#99944 Oct 31 Su 3:00-5:00pm

#### Ages 12-13

#99954 Oct 31 Su 3:00-5:00pm

#### Ages 14-15

#99974 Oct 31 Su 3:00-5:00pm

## November

### Oak City Classic College Readiness Workshop and Fair

Location: John P. Top Greene Center

Age: 10-99yrs. The Oak City Classic College Readiness and Fair allow students to interact with admission representatives from a wide range of postsecondary institutions to discuss course offerings, admission and financial aid requirements, college life in general, and other information pertinent to the college selection process. This is one of series of events that will lead to the college football game between St. Augustine's College and Shaw University on November 6. For more information please call 919-831-6527. Class Fee: \$0

#100000 Nov 3 W 4:00-7:30pm

### Oak City Classic Youth Step Show

Location: Biltmore Hills Community Center

Age: 8-12 yrs. The Oak City Classic Step Show Competition that brings students from different schools and communities together for a day of FUN where teams have the opportunity to be crown Oak City Classic Step Master. The fee is for the entire team. The captains will register the entire team. This is one of series of events that will lead to the college football game between St. Augustine's College and Shaw University on November 6. For more information please call 919-831-6527. Class Fee: \$20

#### Ages 8-12

#99833 Nov 5 F 5:00-8:00pm

#### Ages 13-15

#99835 Nov 5 F 5:00-8:00pm

#### Ages 16-18

#99839 Nov 5 F 5:00-8:00pm

### Scarecrow Festival

Location: Pullen Arts Center

Age: 1yrs. and up. Join us for our annual homage to the scarecrow! Come build a scarecrow and enjoy other fall activities. Forms to support your scarecrow are provided, along with the stuffing materials. You come prepared with your scarecrow's wardrobe and your creativity! All scarecrows remain on display as long as weather permits, so please plan to leave your scarecrow with us. Bring a picnic lunch if you like. The festival is free, however scarecrow space is limited, so register early! Other fun family activities scheduled. Call 996-6126 for information or to register. Class Fee: \$0

#99525 Nov 6 Sa 11:00am-2:00pm

## December

### Basketball – Elks Hoop Shoot

Location: Various

Age: 8-13yrs. Join us for the local competition of the Elks Hoop Shoot National Free Throw Contest. Competition is divided into three age groups for boys and girls. The top two winners in each age group will advance to the City Championship. Age as of date is April 1, 2011. Participants must check in by the listed start time and pre-registration is required. Class Fee: \$0

#### Carolina Pines 831-6435

#100132 Dec 18 Sa 2:00-3:00pm

#### Chavis Park 831-6989

#100128 Dec 8 W 3:00-5:00pm

### Laurel Hills 420-2383

#98630 Dec 4 Sa 1:30-3:30pm

### Green Road 872-4140

#99028 Dec 11 Sa 1:00-3:00pm

### Jaycee 831-6833

#99811 Dec 4 Sa 10:00am-12:00pm

### Mordecai Holidays Lantern Tours

Location: Mordecai Historic Park

Age: All Ages. See what life was like during Holidays Past through vignettes representing Colonial Times, Civil War Days, and the Victorian Era put on by Burning Coal Theater and the NC 26th Regiment. Class Fee: \$5

#99781 Dec 11 Sa 5:00-6:00pm

#99763 Dec 11 Sa 5:15-6:15pm

#99764 Dec 11 Sa 5:30-6:30pm

#99765 Dec 11 Sa 5:45-6:45pm

#99766 Dec 11 Sa 6:00-7:00pm

#99767 Dec 11 Sa 6:30-7:30pm

#99768 Dec 11 Sa 6:45-7:45pm

#99769 Dec 11 Sa 7:00-8:00pm

#99770 Dec 11 Sa 7:15-8:15pm

#99772 Dec 11 Sa 7:30-8:30pm

#99774 Dec 11 Sa 8:00-9:00pm

#99776 Dec 11 Sa 8:1-9:15pm

#99778 Dec 11 Sa 8:30-9:30pm

#99779 Dec 11 Sa 8:45-9:45pm

#99780 Dec 11 Sa 9:00-10:00pm

### Mordecai Holidays Open House

Location: Mordecai Historic Park

Age: All Ages. Come to the open house and see the Mordecai House decorated for the season as it would have been in the past. After you tour the Mordecai House enjoy cider and a free carriage ride around the park. Class Fee: \$0

#99757 Dec 11 Sa 10:00am-4:00pm

### Santa's Trolley

Location: Mordecai Historic Park

Age: All Ages. Join Santa and his elf for an adventure on the trolley. Riders will enjoy a tour of Raleigh, beginning at Mordecai Historic Park, with Santa as their guide. Reservations required. Class Fee: \$10

#99829 Dec 11 Sa 5:00-6:00pm

#99825 Dec 11 Sa 6:30-7:30pm

#99826 Dec 11 Sa 8:00-9:00pm

#99827 Dec 18 Sa 5:00-6:00pm

#99828 Dec 18 Sa 6:30-7:30pm

#99830 Dec 18 Sa 8:00-9:00pm

# Downtown Recreation Opportunities

## Pullen Park Amusements

Pullen Park Amusements will be closed for the 2010 Season for renovations. We appreciate your patience while work is being done and look forward to seeing you for a Grand Re-Opening in Spring 2011. For project details, visit [parks.raleighnc.gov](http://parks.raleighnc.gov) and click "Park and Greenway Planning."

## Chavis Park Carousel

Chavis Carousel will have the following hours of operation until September 26 when it closes for the season.

**Hours of Operation** F,Sa 11:00am-5:00pm  
Su 1:00-5:00pm

Hours are subject to change based upon upcoming Chavis Park renovations.

## Tours

### Historic Narrated Trolley Tours on the Raleigh Trolley

Location: Mordecai Historic Park  
Mordecai Historic Park's Trolley Tour is an educational and fun ride through downtown Raleigh with stops at Glenwood South, City Market, and the State Capitol that give plenty of time for tours and shopping. Tours run every Saturday, March-December leaving from Mordecai at 11:00am, 12:00pm, 1:00pm, and 2:00pm. Contact: Mordecai Historic Park for more information 857-4364. Charge: Adults \$10, Youth 7-17 \$4, Children 6 and under free. [www.raleighnc.gov/mordecai](http://www.raleighnc.gov/mordecai)

**For additional downtown recreation opportunities, please refer to the following locations:**

### Chavis Community Center

505 MLK Jr. Boulevard (919) 831-6989

### Fletcher Park

820 Clay Street (919) 831-6430

### Pullen Arts Center

105 Pullen Road (919) 996-6126

### Pullen Amusements

520 Ashe Avenue (919) 831-6468

### Pullen Community Center

408 Ashe Avenue (919) 831-6052

### Roberts Park

1300 E. Martin Street (919) 831-6830

### Pullen Aquatics Center

410 Ashe Ave (919) 831-6197

### Mordecai Historic Park

1 Mimosa Street (919) 857-4364

### Raleigh Little Theater

301 Pogue Street (919) 821-4579

### Theatre in the Park

105 Pullen Road (919) 831-6936

### Tucker House

418 N. Person Street (919) 831-6009

### Walnut Creek Wetland Center

950 Peterson Street (919) 831-1960

## Adventure

### Skill Level Key

This rating system is designed to inform you of the skill and fitness level which is required to enjoy and be safe while participating in Raleigh's Adventure Programs.

**Level 1** – No prior knowledge or experience is necessary, with basic fitness level. A basic fitness level is half an hour of aerobic activity 3 times a week.

**Level 2** – Some previous experience is recommended, with moderate fitness level. A moderate fitness level is an hour of aerobic activity 3 times a week.

**Level 3** – Familiar with the activity, with moderate to good fitness level. A good fitness level is anything over an hour of aerobic activity 3 times a week.

**Please Note:** Programs listed with multiple skill levels have suitable terrain to challenge each level of participant.

## Adult

### Adventure – Climb Time

Location: Varies

Age: 14yrs and up. This program literally has something for every level of climber because we will customize our services to meet your climbing needs. While formal instruction is limited to proper equipment use, the Adventure staff is there to observe, coach and empower you to reach your climbing goals. The Adventure staff will be belaying, or working the ropes, which allows you to concentrate fully on climbing. This is your opportunity to push yourself physically, mentally or just enjoy the social scene around climbing. Experience the support of a group of climbers as you work to reach the tops of the climbs at one of the Triangle's best indoor climbing gyms. Equipment, transportation and belaying will be provided. Sign up now and take your climbing to the next level! Class Fee: \$15

#99132	Oct 29	F	6:00-9:30pm
#99133	Nov 5	F	6:00-9:30pm
#99357	Nov 13	Sa	1:00-4:30pm
#99362	Nov 19	F	6:00-9:30pm
#99363	Dec 4	Sa	1:00-4:30pm
#99365	Dec 10	F	6:00-9:30pm
#99367	Dec 18	Sa	1:00-4:30pm

### Bike Maintenance

Location: Frank E. Evans Administrative Bldg.

Age: 14yrs and up. Stop paying for costly bike repairs that can be done on your own! Learn how to wrench on your bike for less than the cost of having flats changed for you. Participants of this course will learn to

change flat tires, adjust gears and brakes, and look after the well being of your beloved bicycle. Road bikes, mountain bikes, comforts and cruisers; it doesn't matter.

We will have you back on your ride lickity split. Spend more time riding and less time waiting on repairs! Bring your bike and wear clothes that can get dirty. Contact the Adventure Program at 919-831-6855. Class Fee: \$15  
#99165 Sep 15 W 6:00-9:00pm

### Guide 'N' Ride – Greenway

Location: Varies

Age: 12yrs and up. Guide 'n' Ride is our newest program that focuses on getting you out there and having more of a guided-tour experience, rather than an instructional-based one that focuses on building skills. We want you to try this out, to explore, and to find a new place you love to ride. The Greenway is a paved bike path that winds through the woods, along creeks and streams, to connect you to various parks throughout the city. So join our staff and learn how to get around town. We'll be teaching biking fundamentals, including rules of the road and unwritten rules for riding on the multi-use trails, before taking a ride to explore the greenway around Raleigh. Class Fee: \$15

### Guide 'N' Ride – Greenway (Level 1)

#99167	Sep 11	Sa	10:00am-12:30pm
#99173	Oct 3	Su	10:00am-12:30pm
#99355	Oct 9	Sa	10:00am-12:30pm

### Guide 'N' Ride – Umstead

Location: Non-City Owned Site

Age: 14yrs and up. You don't have to be an aggressive or 'extreme' twenty-something to enjoy mountain biking. In fact, in between riding the Greenway and riding single track, there are wide open multi-use trails at Umstead State Park to meet your outdoor needs. Join us on a half-day program that introduces you to biking fundamentals, multi-use trail ethics, and navigating your way around the park. Our instructors will make sure that you are forming good riding habits, pacing yourself enough to enjoy the ride and learning the park layout. Sign up today and find out why Umstead is a more reliable location to ride during the spring and the fall than its neighbor Crabtree County Park. As always bike shorts, 'extreme' energy drinks and bikes worth more than \$1,000 are optional. Contact the Adventure Program 919-831-6855 for more information. Class Fee: \$15

#99159	Sep 18	Sa	10:00am-12:30pm
#99171	Nov 6	Sa	10:00am-12:30pm

### Intermediate Rock Climbing

Location: Frank E. Evans Administrative Bldg.

Age: 12yrs and up. Build off the basics and further your knowledge of climbing techniques, route finding, and various types of climbing. Just as there are several types of rock, there are several different types of climbs you may face. Find out what they are

and how to handle each in our intermediate class at Pilot Mountain. Pilot's name comes from Native Americans who used it as the 'Great Guide' or Pilot when traveling. In more recent times, Pilot has become one of the premier climbing areas in North Carolina due to its accessibility, variety of climbs and expansive views of the surrounding area. Our experienced staff will set up climbs that are suited for a novice group of climbers, so be prepared for a full day of muscle burn and fun! Equipment, instruction, and transportation are provided. For more information, please call 919-831-6855.

Class Fee: \$75

#99134 Sep 11 Sa 7:00am-6:00pm

### Introduction to Rock Climbing

Location: Tarboro Road Community Center  
Age: 14yrs and up. Designed for beginners, this class will provide a basic foundation for getting started in climbing, introducing participants to the use and care of climbing equipment and how to tie climbing knots, as well as how to manage the most basic rope system known as belaying. Join the Adventure Staff for a challenging evening of indoor rock climbing at one of the Triangle's modern rock gyms, The Vertical Edge. Our instructors will focus on teaching concepts associated with belaying and will provide adequate practice to hone it into an acquired skill. By the end of the class participants will be ready to take any climbing center belay test, which is a requirement to utilize indoor climbing facilities. Equipment, instruction, transportation, and plenty of climbing opportunities will be provided. Class Fee: \$30

#99161 Oct 20 W 6:00-10:00pm

### Introduction to Whitewater Kayaking

Location: Frank E. Evans Administrative Bldg.  
Age: 14yrs and up. Welcome to the world of Whitewater; we've been expecting you! This is the first course in our series of instructional programs designed to get you out there paddling whitewater. Our course starts from the ground up and builds a foundation of skills you will take with you through the rest of your paddling career.

Our instructors work with you one on one to develop your techniques in paddle strokes, boat control, reading water and assisted rescues. We do this by combining classroom and hands on instruction so that you not only understand but can apply the principles of quality paddling. This supportive environment and teaching progression begins with work on dry land then moves to flat-water, preparing students for paddling trips on local Class I-II whitewater. Equipment, transportation, and instruction are provided. There will also be a pre-trip meeting the Friday before the trip; please plan to attend. Students must have basic swimming ability and comfort under water. Class Fee: \$155

#99160 Oct 2-3 Sa-Su 9:00am-5:00pm

### Kayak Basics

Location: Optimist Pool

Age: 12yrs and up. Kayak Basics is an introductory-level course for those wishing to learn more about the sport of kayaking. This 6-hour course provides a comfortable and pleasant lake environment in which to learn the basics of paddling. And our calm, friendly instructors will help lay a strong foundation of skills so you will be ready to move onto moving-water instruction on local

ivers. Kayak experience is not required but participants should have basic swimming ability and comfort under water. Equipment and instruction are provided. Pre-registration is required. Please call the Adventure Program at 831-6855 for more information or to register. Class Fee: \$60

#99169 Dec 11-12 Sa-Su 2:00-5:00pm

### Kayak Pool Sessions

Location: Optimist Pool

Age: 12yrs and up. Don't let your paddling skills get rusty during the winter months; come join us at the Kayak Pool Sessions. Pool sessions are open practice times for all levels of paddler, whether you're working on playboating, perfecting your roll, or just wanting to try out the sport. Formal instruction is NOT provided, but a brief, basic boat orientation is available for beginners. So take advantage of the warm water at the pool and come practice your paddling! Admission is \$5 for residents and \$6 for non-residents. There is a \$4 additional charge to rent a kayak. Pool sessions are adult-oriented, although youth paddlers ages 12-15 years old are welcome when accompanied by adults. Participants younger than 12 years may attend with the appropriate equipment, parental supervision, and with pre-approval by the Adventure Program Managers. For more information, please call 831-6855. Class Fee: \$5

#99375	Nov 5	F	5:00-8:00pm
#99376	Nov 12	F	5:00-8:00pm
#99377	Nov 19	F	5:00-8:00pm
#99378	Dec 3	F	5:00-8:00pm
#99379	Dec 10	F	5:00-8:00pm
#99380	Dec 17	F	5:00-8:00pm

### Kayak Roll Instruction

Location: Optimist Pool

Age: 12yrs and up. Roll or Swim. If you are tired of option two, try out Kayak Roll Instruction. For the boater wanting to take that next step in the kayaking progression we are proud to offer personalized roll instruction. Call us and set up a time to work with professionally certified instructors on roll development. While everyone becomes proficient with these skills at different times, on average, it takes about four separate, hour-long lessons to develop a fledgling pool roll. Roll instruction is designed to provide one step in the learning process. Students must have some kayaking experience, basic swimming ability and comfort under water. Participants ages 12-15 years old must be accompanied by an adult. PRE-REGISTRATION IS REQUIRED. Please call the Adventure Program at 831-6855 for more information or to register.

Class Fee: \$40

#99394	Nov 5	F	6:00-7:00pm
#99395	Nov 12	F	6:00-7:00pm
#99396	Nov 19	F	6:00-7:00pm
#99397	Dec 3	F	6:00-7:00pm
#99398	Dec 10	F	6:00-7:00pm
#99399	Dec 17	F	6:00-7:00pm

Adventure continued next page —



Adventure continued —

**Wilderness First Aid**

Location: Durant Nature Park

Age: 15yrs and up. You and a small group of friends are on a three mile hike to see a waterfall when John slips, falls, and twists his ankle. John can't stand on his own and has several cuts from his fall...now what? Find out what to do in our intensive backcountry medical training course. The 16-hour, hands-on Wilderness First Aid course will cover ways to deal with many medical emergencies when dialing 911 might not be an option. Not only is this course informative, but the scenarios enacted are exciting and fun too! Wilderness First Aid has become the minimum standard of care for people who are responsible for others in the outdoors. Join the Adventure Program and the American Red Cross for a course aimed at our fellow outdoor enthusiasts, adventurers, and trip leaders. No prerequisites. The minimum age for this course is 15. For more information, please call 831-6855. Class Fee: \$100

**Wilderness First Aid (Level 1)**

#99158 Sep 25-26 Sa-Su 8:00am-5:00pm

**Family****Rad Dad's Club: Rock Climbing**

Location: Frank E. Evans Administrative Bldg.

Age: 10yrs and up. Are you a member of the 'Rad Dad's Club'? You could be. Are you a Dad? Do you think bonding time should be as exciting as possible? If yes, the RDC is the place for you. Share your love for the outdoors with your child as the RDC takes climbing outdoors. We are headed to Pilot Mountain for a day of roping up and climbing to new heights. Dads will learn how to belay and work with their young climbers to accomplish their climbing goals. But don't worry dads, you get to climb too. The Adventure staff will make sure you are challenged and get your time in on the rock. Show the kids you're the type of dad who can rock and sign up today. Class Fee: \$75

#99476 Oct 9 Sa 7:00am-6:00pm

**Aquatic****Preschool****Parent and Child Aquatics Level 1**

Age: 6mos-3yrs. Level 1 introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child and how to prepare and encourage their child to participate fully and try the skills. Water safety topics are also introduced and directed to parents. Children are introduced to basic skills that lay a foundation to help them learn to swim in the future. Class Fee: \$68

**Millbrook**

#97880	Aug 30-Sep 22	M,W	9:30-10:00am
#97881	Aug 30-Sep 22	M,W	5:50-6:20pm
#97882	Aug 28-Sep 25	Sa	9:30-10:00am
#97883	Oct 18-Nov 10	M,W	9:30-10:00am
#97884	Oct 18-Nov 10	M,W	5:50-6:20pm
#97885	Oct 16-Nov 6	Sa	9:30-10:00am

**Optimist**

#97958	Oct 2-23	Sa	9:30-10:00am
#97959	Oct 2-23	Sa	10:10-10:40am
#97960	Oct 12-Nov 4	T,Th	9:30-10:00am
#97961	Oct 12-Nov 4	T,Th	5:10-5:40pm
#97962	Nov 9-Dec 9	T,Th	9:30-10:00am
#97963	Nov 9-Dec 9	T,Th	5:10-5:40pm

**Pullen**

#98026	Sep 6-29	M,W	5:10-5:40pm
#98027	Sep 11-Oct 2	Sa	9:30-10:00am
#98028	Oct 11-Nov 3	M,W	5:10-5:40pm
#98029	Nov 8-Dec 8	M,W	5:10-5:40pm

**Parent and Child Aquatics Level 2**

Age: 6mos-3yrs. Participants improve on skills from Level 1 and learn more advanced skills to prepare them for Preschool Level 1 class. Three year olds ready to learn without a parent or caregiver should enroll in Preschool Level 1 class. Class Fee: \$68

**Millbrook**

#97886	Aug 30-Sep 22	M,W	10:10-10:40am
#97887	Aug 30-Sep 22	M,W	6:30-7:00pm
#97888	Aug 28-Sep 25	Sa	10:10-10:40am
#97889	Oct 18-Nov 10	M,W	10:10-10:40am
#97890	Oct 18-Nov 10	M,W	6:30-7:00pm
#97891	Oct 16-Nov 6	Sa	10:10-10:40am

**Optimist**

#97964	Oct 2-23	Sa	9:30-10:00am
#97965	Oct 2-23	Sa	10:10-10:40am
#97966	Oct 12-Nov 4	T,Th	10:10-10:40am
#97967	Oct 12-Nov 4	T,Th	5:10-5:40pm
#97968	Nov 9-Dec 9	T,Th	10:10-10:40am
#97969	Nov 9-Dec 9	T,Th	5:10-5:40pm

**Pullen**

#98034	Sep 6-29	M,W	5:50-6:20pm
#98035	Sep 11-Oct 2	Sa	10:10-10:40am
#98036	Oct 11-Nov 3	M,W	5:50-6:20pm
#98037	Nov 8-Dec 8	M,W	5:50-6:20pm

**Preschool Aquatics Level 1**

Age: 3-5yrs. Participants learn elementary aquatic skills. Helps participants feel comfortable in the water and to enjoy the water. Learn underwater exploration while opening eyes, blowing bubbles and floating

with assistance. Participants start developing good attitudes and safe practices around the water. There are no prerequisites for this course. Class Fee: \$60

**Millbrook**

#97892	Aug 30-Sep 22	M,W	9:30-10:00am
#97893	Aug 30-Sep 22	M,W	10:50-11:20am
#97894	Aug 30-Sep 22	M,W	4:30-5:00pm
#97895	Aug 30-Sep 22	M,W	5:10-5:40pm
#97896	Aug 28-Sep 25	Sa	9:30-10:00am
#97897	Aug 28-Sep 25	Sa	10:10-10:40am
#97898	Oct 18-Nov 10	M,W	9:30-10:00am
#97899	Oct 18-Nov 10	M,W	10:50-11:20am
#97900	Oct 18-Nov 10	M,W	4:30-5:00pm
#97901	Oct 18-Nov 10	M,W	5:10-5:40pm
#97902	Oct 16-Nov 6	Sa	9:30-10:00am
#97903	Oct 16-Nov 6	Sa	10:10-10:40am

**Optimist**

#97970	Oct 2-23	Sa	9:30-10:00am
#97971	Oct 12-Nov 4	T,Th	9:30-10:00am
#97972	Oct 12-Nov 4	T,Th	4:30-5:00pm
#97973	Nov 9-Dec 9	T,Th	9:30-10:00am
#97974	Nov 9-Dec 9	T,Th	4:30-5:00pm

**Pullen**

#98038	Sep 6-29	M,W	5:10-5:40pm
#98039	Sep 11-Oct 2	Sa	9:30-10:00am
#98040	Oct 11-Nov 3	M,W	5:10-5:40pm
#98041	Nov 8-Dec 8	M,W	5:10-5:40pm

**Preschool Aquatics Level 2**

Age: 3-5yrs. Must have completed exit skills in Level 1. At this level, participants are going under the water completely while blowing bubbles out of their nose and mouth. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1. Class Fee: \$60

**Millbrook**

#97904	Aug 30-Sep 22	M,W	10:50-11:20am
#97905	Aug 30-Sep 22	M,W	11:30am-12:00pm
#97906	Aug 30-Sep 22	M,W	4:30-5:00pm
#97907	Aug 30-Sep 22	M,W	5:10-5:40pm
#97908	Aug 28-Sep 25	Sa	9:30-10:00am
#97909	Oct 18-Nov 10	M,W	10:50-11:20am
#97910	Oct 18-Nov 10	M,W	11:30am-12:00pm
#97911	Oct 18-Nov 10	M,W	4:30-5:00pm
#97912	Oct 18-Nov 10	M,W	5:10-5:40pm
#97913	Oct 16-Nov 6	Sa	9:30-10:00am

**Optimist**

#97975	Oct 2-23	Sa	9:30-10:00am
#97976	Oct 2-23	Sa	10:50-11:20am
#97977	Oct 12-Nov 4	T,Th	10:10-10:40am
#97978	Oct 12-Nov 4	T,Th	4:30-5:00pm
#97979	Oct 12-Nov 4	T,Th	5:50-6:20pm
#97980	Nov 9-Dec 9	T,Th	10:10-10:40am
#97981	Nov 9-Dec 9	T,Th	4:30-5:00pm
#97982	Nov 9-Dec 9	T,Th	5:50-6:20pm

**Pullen**

#98042	Sep 6-29	M,W	5:50-6:20pm
#98043	Sep 11-Oct 2	Sa	10:10-10:40am
#98044	Oct 11-Nov 3	M,W	5:10-5:40pm
#98045	Oct 11-Nov 10	M,W	5:50-6:20pm
#98046	Nov 8-Dec 8	M,W	5:10-5:40pm
#98047	Nov 8-Dec 8	M,W	5:50-6:20pm

**Preschool Aquatics Level 3**

Age: 3-5yrs. Must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. This level



lets participants master being able to perform skills without assistance. Class Fee: \$60

#### Millbrook

#97915	Aug 30-Sep 22	M,W	10:10-10:40am
#97917	Aug 30-Sep 22	M,W	11:30am-12:00pm
#97918	Aug 30-Sep 22	M,W	5:10-5:40pm
#97919	Aug 28-Sep 25	Sa	10:50am-11:20pm
#97920	Oct 18-Nov 10	M,W	10:10-10:40am
#97921	Oct 18-Nov 10	M,W	11:30am-12:00pm
#97922	Oct 18-Nov 10	M,W	5:10-5:40pm
#97923	Oct 16-Nov 6	Sa	10:50am-11:20pm

#### Optimist

#97983	Oct 2-23	Sa	10:10-10:40am
#97984	Oct 12-Nov 4	T,Th	5:10-5:40pm
#97985	Oct 12-Nov 4	T,Th	5:50-6:20pm
#97986	Nov 9-Dec 9	T,Th	5:10-5:40pm
#97987	Nov 9-Dec 9	T,Th	5:50-6:20pm

#### Pullen

#98048	Sep 6-29	M,W	5:50-6:20pm
#98049	Sep 11-Oct 2	Sa	10:50-11:20am
#98050	Oct 11-Nov 3	M,W	5:50-6:20pm
#98051	Oct 11-Nov 3	M,W	6:30-7:00pm
#98052	Nov 8-Dec 8	M,W	5:50-6:20pm
#98053	Nov 8-Dec 8	M,W	6:30-7:00pm

## Youth

### Swim Lesson – Level 1 Intro Water Skills

Age: 6-13yrs. Participants learn elementary aquatic skills. Helps participants feel comfortable in the water and to enjoy the water. Learn underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing

good attitudes and safe practices around the water. Class Fee: \$60

#### Millbrook

#97924	Aug 30-Sep 22	M,W	5:50-6:20pm
#97925	Aug 28-Sep 25	Sa	10:10-10:40am
#97926	Oct 18-Nov 10	M,W	5:50-6:20pm
#97927	Oct 16-Nov 6	Sa	10:10-10:40am

#### Optimist

#97988	Oct 2-23	Sa	10:10-10:40am
#97989	Oct 12-Nov 4	T,Th	4:30-5:00pm
#97990	Oct 12-Nov 4	T,Th	5:50-6:20pm
#97991	Nov 9-Dec 9	T,Th	4:30-5:00pm
#97996	Nov 9-Dec 9	T,Th	5:50-6:20pm

#### Pullen

#98054	Sep 6-29	M,W	6:30-7:00pm
#98055	Sep 11-Oct 2	Sa	10:50-11:20am
#98056	Oct 11-Nov 3	M,W	5:50-6:20pm
#98057	Oct 11-Nov 3	M,W	6:30-7:00pm
#98058	Nov 8-Dec 8	M,W	5:50-6:20pm
#98059	Nov 8-Dec 8	M,W	6:30-7:00pm

### Swim Lesson – Level 2 Fundamental Skills

Age: 6-13yrs. Must have completed exit skills in Level 1. At this level, participants are going under the water completely while blowing bubbles out of their nose and mouth. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1. Class Fee: \$60

#### Millbrook

#97928	Aug 30-Sep 22	M,W	5:50-6:20pm
#97929	Aug 28-Sep 25	Sa	10:50-11:20am
#97930	Oct 18-Nov 10	M,W	5:50-6:20pm
#97931	Oct 16-Nov 6	Sa	10:50-11:20am

#### Optimist

#97997	Oct 2-23	Sa	10:50-11:20am
#97998	Oct 12-Nov 4	T,Th	5:10-5:40pm
#97999	Nov 9-Dec 9	T,Th	5:10-5:40pm

#### Pullen

#98060	Sep 6-29	M,W	6:30-7:00pm
#98061	Sep 11-Oct 2	Sa	11:30am-12:00pm
#98062	Oct 11-Nov 3	M,W	6:30-7:00pm
#98063	Nov 8-Dec 8	M,W	6:30-7:00pm

### Swim Lesson – Level 3 Stroke Development

Age: 6-13yrs. Must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. This level lets participants master being able to perform skills without assistance. Learn survival float, elementary backstroke and coordination of the front crawl. Learn also dolphin and scissor kicks. Class Fee: \$60

#### Millbrook

#97932	Aug 30-Sep 22	M,W	6:30-7:00pm
#97933	Aug 30-Sep 22	M,W	7:10-7:40pm
#97934	Aug 28-Sep 25	Sa	10:50-11:20am
#97935	Oct 18-Nov 10	M,W	6:30-7:00pm
#97936	Oct 16-Nov 6	Sa	10:50-11:20am

#### Optimist

#98000	Oct 2-23	Sa	10:50-11:20am
#98001	Oct 12-Nov 4	T,Th	6:30-7:00pm
#98006	Nov 9-Dec 9	T,Th	6:30-7:00pm

#### Pullen

#98064	Sep 6-29	M,W	6:30-7:00pm
#98065	Sep 11-Oct 2	Sa	11:30am-12:00pm
#98066	Oct 11-Nov 3	M,W	6:30-7:00pm
#98067	Nov 8-Dec 8	M,W	6:30-7:00pm

### Swim Lesson – Level 4 Stroke Improvement

Age: 6-13yrs. Must have completed exit skills in Level 3. Back crawl and breaststroke are introduced in this level. Endurance is also a key factor for this level. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly. Class Fee: \$60

#### Millbrook

#97937	Aug 30-Sep 22	M,W	7:10-7:40pm
#97938	Aug 28-Sep 25	Sa	11:30am-12:00pm
#97939	Oct 18-Nov 10	M,W	7:10-7:40pm
#97940	Oct 16-Nov 6	Sa	11:30am-12:00pm

#### Optimist

#98007	Oct 2-23	Sa	11:30am-12:00pm
#98008	Oct 12-Nov 4	T,Th	6:30-7:00pm
#98009	Nov 9-Dec 9	T,Th	6:30-7:00pm

#### Pullen

#98068	Sep 6-29	M,W	7:10-7:40pm
#98069	Oct 11-Nov 3	M,W	7:10-7:40pm
#98070	Nov 8-Dec 8	M,W	7:10-7:40pm

### Swim Lesson – Level 5 Stroke Refinement

Age: 6-13yrs. Must have completed exit skills in Level 4. In this level, participants coordinate and refine all strokes. Flip turns on both front and back are introduced at this level. Endurance and distance are important in this level. Class Fee: \$60

Level 5 Swim Lesson continued next page —

# Level 5 Swim Lesson continued —

## Millbrook

#97941	Aug 30-Sep 22	M,W	7:10-7:40pm
#97942	Aug 28-Sep 25	Sa	11:30am-12:00pm
#97943	Oct 18-Nov 10	M,W	7:10-7:40pm
#97944	Oct 16-Nov 6	Sa	11:30am-12:00pm

## Optimist

#98010	Oct 2-23	Sa	11:30am-12:00pm
#98011	Oct 12-Nov 4	T,Th	6:30-7:00pm
#98012	Nov 9-Dec 9	T,Th	6:30-7:00pm

## Pullen

#98071	Oct 11-Nov 3	M,W	7:10-7:40pm
#98072	Nov 8-Dec 8	M,W	7:10-7:40pm

## Swim Team – Intra-City Swim Association

Age: 3-10yrs. Program goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. Class Fee: \$65

## Millbrook

#97950	Oct 19-Dec 9	T,Th	6:00-6:45pm
#97951	Oct 19-Dec 9	T,Th	7:00-7:45pm

## Optimist

#98013	Oct 18-Dec 8	M,W	6:00-6:45pm
#98014	Oct 18-Dec 8	M,W	7:00-7:45pm

## Pullen

#98073	Oct 19-Dec 9	T,Th	5:30-6:15pm
#98074	Oct 19-Dec 9	T,Th	6:30-7:15pm

## Adult

### Adult Beginner Swim Class

Age: 14yrs and up. The class requires no previous water experience and is geared toward dealing with beginning development of strokes including self help and survival skills. Class Fee: \$68

## Millbrook

#97945	Aug 30-Sep 22	M,W	6:30-7:00pm
#97946	Aug 28-Sep 25	Sa	11:30am-12:00pm
#97947	Oct 18-Nov 10	M,W	6:30-7:00pm
#97948	Oct 16-Nov 6	Sa	11:30am-12:00pm

## Optimist

#97952	Oct 2-23	Sa	11:30am-12:00pm
#97953	Oct 12-Nov 4	T,Th	7:10-7:40pm
#97954	Nov 9-Dec 9	T,Th	7:10-7:40pm

## Pullen

#98016	Sep 6-29	M,W	7:10-7:40pm
#98017	Oct 11-Nov 3	M,W	7:10-7:40pm
#98021	Nov 8-Dec 8	M,W	7:10-7:40pm

### Adult Intermediate Swim Class

Age: 14yrs and up. This class requires that students know how to swim but are in need of improvement. We will introduce and refine survival skills, freestyle, backstroke and breaststroke. Class Fee: \$68

## Millbrook

#97949	Aug 30-Sep 22	M,W	7:10-7:40pm
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## Optimist

#97955	Oct 2-23	Sa	11:30am-12:00pm
#97956	Oct 12-Nov 4	T,Th	7:10-7:40pm
#97957	Nov 9-Dec 9	T,Th	7:10-7:40pm

## Pullen

#98023	Sep 6-29	M,W	7:10-7:40pm
#98024	Oct 11-Nov 3	M,W	7:10-7:40pm
#98025	Nov 8-Dec 8	M,W	7:10-7:40pm

### Lifeguarding – American Red Cross

Age: 15yrs and up. This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes First Aid and CPR/AED

for the Professional Rescuer. Class Fee:

\$185

## Optimist

#98015	Oct 11-Nov 3	M,W	4:30-8:30pm
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## Pullen

#98075	Nov 9-Dec 9	T,Th	5:00-9:00pm
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## Arts

## Preschool

### Art – Jumpstart Toddler Montessori

Age: 18-42mos. Come explore the wonderful world of learning as you guide your children through our classroom full of educational stations. From math and science centers featuring counting bears and enormous popping bubbles, to language arts centers featuring the works of Eric Carle and Dr. Seuss, your child will have so much fun, they won't even realize how much they are learning. Each week, students will be exposed to new educational concepts as well as exploring 'social' stations full of building blocks, cooking centers, train sets, puppets and even a toddler-sized bounce house. Help your toddler get a jumpstart on preschool! Parent/guardian participation is required. A separate \$20 materials fee will be due to the instructor at the first class meeting. Instructor: Rhonda Felton Manning, BS in Education. Class Fee: \$30

## Lake Lynn Community Center

#99485	Sep 17-Oct 22	F	9:00-10:00am
#99486	Oct 29-Dec 10	F	9:00-10:00am

## Brier Creek Community Center

#99784	Sep 15-Oct 20	W	9:00-10:00am
#99786	Oct 27-Dec 8	W	9:00-10:00am

### Art – Krafty Kids

Location: Optimist Community Center  
Age: 3-5yrs. Join us for a different and creative arts and craft project or edible creation. A new project is introduced with each theme class. Fee is per class. Class Fee: \$8

## Apple Daze

#100281	Sep 17	F	12:30-1:30pm
#100282	Sep 18	Sa	12:30-1:30pm

## Pumpkin' Pals

#100283	Oct 15	F	12:30-1:30pm
#100284	Oct 16	Sa	12:30-1:30pm

## Thankful Turkeys

#100285	Nov 19	F	12:30-1:30pm
#100286	Nov 20	Sa	12:30-1:30pm

## Holly Holidays

#100287	Dec 17	F	12:30-1:30pm
#100288	Dec 18	Sa	12:30-1:30pm

## Art –

### The Colors of Fall by Toddler Time

Age: 18-42mos. Come discover the beauty of Fall in this art class designed for little fingers. From creating a colorful fall leaf wreath to decorating spooking pumpkins, your child will have fun while learning in this center based mini-preschool for our smallest students. Each week, students will have

the opportunity to experience a variety of washable art materials as they move at their own pace through our project centers. Then, we will have a short Lap-Sit story time and puppet show to introduce your little ones to the joys of reading! So come on down for a jump start on learning and more importantly, a great experience with your child. Separate \$25 materials fee due to instructor at the first class meeting. Parent Participation required. Instructor: Rhonda Felton Manning, Ed. in Education. Class Fee: \$35

## Brier Creek Community Center

#99816	Sep 15-Oct 20	W	11:00am-12:00pm
#99817	Oct 27-Dec 8	W	11:00am-12:00pm

## Lake Lynn Community Center

#101220	Sep 17-Oct 22	F	11:00am-12:00pm
#101221	Oct 29-Dec 10	F	11:00am-12:00pm

### Art With Your Preschooler

Location: Barwell Road Community Center  
Age: 2-3yrs. It's story time! Each week, we will read a short story together and then create a fun art project with our parents to take home. Be prepared to get messy as we use paint, oil pastels and other fun mediums to create fall leaves, scarecrows, owls and other great fall themes. Lori Jones instructs. Class Fee: \$25

#99152	Sep 17-Oct 8	F	5:00-6:00pm
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### Ballerina Two-Tu

Location: Marsh Creek Park  
Age: 18mos-2yrs. For your budding ballerina—we will use Disney music along with other recognizable tunes while we enjoy fun movements that teach the basics. Perform locomotor and non-locomotor movements like leaps, jumps, passe, lifts, point-flex, and wonderful dance variations with props. Enhances body awareness and coordination. This is a parent participation class—a parent should plan to attend! Class Fee: \$36

#100876	Sep 1-22	W	10:00-10:30am
#100821	Sep 29-Oct 20	W	10:00-10:30am
#100822	Oct 27-Nov 17	W	10:00-10:30am

### Ballet Basics I

Location: Green Road Community Center  
Age: 3yrs. Learning ballet is a wonderful introduction to the art of dance! This class, geared towards 3 year olds, will allow students to explore the magic of movement while learning fundamental ballet principles of posture and body alignment. While learning basic ballet terminology, they will gain a stronger sense of body awareness. Prior dance experience is not necessary. Class Fee: \$70

#100819	Sep 4-Oct 16	Sa	10:00-10:40am
#100820	Oct 23-Dec 11	Sa	10:00-10:45am

### Ballet Basics II

Location: Green Road Community Center  
Age: 4-6yrs. Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly and safely. They will discover the joy of combining movements into phrases, while also developing their

own creativity and expression. Class Fee: \$70

#100825	Sep 4-Oct 16	Sa	11:00-11:40am
#100826	Oct 23-Dec 11	Sa	11:00-11:45am

### Ballet for Preschoolers

Location: Lake Lynn Community Center  
Age: 3-5yrs. This class is an introduction to ballet for preschoolers including positions, form, movement and music. Children will work on balance and rhythm development in a fun, supportive setting. Class Fee: \$42

#99516	Sep 8-29	W	10:30-11:15am
#99517	Oct 6-27	W	10:30-11:15am
#99518	Nov 10-Dec 8	W	10:30-11:15am

### Ballet Preschool

Location: Marsh Creek Park  
Age: 3-5yrs. Learn the basics of ballet in a fun atmosphere while developing body awareness, self image, and confidence. Classical ballet positions will be introduced by teaching rhythmic movements to music. Instructor: Miss Khadija. Class Fee: \$42

#100829	Sep 1-22	W	10:45-11:30am
#100830	Sep 29-Oct 20	W	10:45-11:30am
#100869	Oct 27-Nov 17	W	10:45-11:30am

### Dance – Ballet/Tap

Location: Optimist Community Center  
Age: 3-5yrs. This class will introduce preschoolers ballet and tap techniques, form positions, steps, patterns and other basic movements. Students will develop their coordination, self-confidence and imagination. Class Fee: \$42

#### Optimist Community Center – 3-5 year olds

#99673	Sep 13-Oct 4	M	10:30-11:15am
#99672	Oct 11-Nov 1	M	10:30-11:15am
#99674	Nov 8-29	M	10:30-11:15am
#99675	Dec 6-27	M	10:30-11:15am

### Dance – Cinderella's Palace Ballet

Location: Laurel Hills Community Center  
Age: 3-5yrs. For all Princess Ballerinas, dance and sway with silky satin streamers and other princess props. You will explore the basics of ballet including terms, positions, techniques and more. Instructor: Ms. Khadija. Class Fee: \$42

#### Ages 3-5

#98939	Sep 13-Oct 4	M	1:30-2:15pm
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#### Ages 4-7

#98941	Sep 29-Oct 20	W	6:00-6:45pm
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#### Ages 4-7

#98942	Oct 27-Nov 17	W	6:00-6:45pm
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### Dance – Little Fancy Feet

Location: Laurel Hills Community Center  
Age: 2-3yrs. Explore fun and exciting dance moves with your child. Coordination and large motor skills are developed through basic ballet, creative movement, and gymnastics. Moreover, educational concepts are included, such as numbers, colors, letters, and social manners. Instructor: Hanna Chio. Class Fee: \$36

#98705	Sep 9-30	Th	10:15-10:45am
#98706	Oct 7-28	Th	10:15-10:45am
#98707	Nov 4-18	Th	10:15-10:45am
#98708	Dec 2-16	Th	10:15-10:45am

### Dance – Little Fancy Feet II

Location: Laurel Hills Community Center  
Age: 4-5yrs. Explore fun and exciting dance moves. Coordination and large motor skills are developed through basic ballet, creative movement, and gymnastics. Moreover, educational concepts are included, such as numbers, colors, letters, and social manners. Instructor: Hanna Chio. Class Fee: \$36

#98709	Sep 9-30	Th	11:00-11:30am
#98710	Oct 7-28	Th	11:00-11:30am
#98711	Nov 4-18	Th	11:00-11:30am
#98712	Dec 2-16	Th	11:00-11:30am

### Dance – Twinkle Toes – Mom and Me

Location: Brier Creek Community Center  
Age: 6-24mos. This is a perfect class for moms who want to exercise while introducing their child to dance. Using fun, lively children's music, mom has a chance to work on flexibility, strength training and cardio while the little one improves coordination, body awareness and social skills. This class does a great job merging fitness and fun for mother and child.

Instructor: Bethany Schlegel, BS in Ed and former USGA Gymnast. Class Fee: \$40

#99978	Sep 13-27	M	9:30-10:15am
#99979	Oct 4-25	M	9:30-10:15am
#99980	Nov 1-22	M	9:30-10:15am
#99981	Dec 6-20	M	9:30-10:15am

### Dance – Twinkle Toes I

Age: 2-3yrs. Students will love this wonderful introduction to the art of dance! Twirling ribbons, scarves, hoops and music will be used to promote creative movement. Children will enjoy simple steps and dances that introduce them to ballet and jazz. Students will improve confidence, coordination, self esteem and body awareness. This class is designed to help children transition to dancing independently without parent. Instructor: Bethany Schlegel, BS in Ed. and former USGA Gymnast. Class Fee: \$40

#### Greystone Community Center

#99842	Sep 2-23	Th	11:30am-12:15pm
#99843	Oct 7-28	Th	11:30am-12:15pm
#99844	Nov 4-25	Th	11:30am-12:15pm
#99848	Dec 2-23	Th	11:30am-12:15pm

#### Brier Creek

#99917	Sep 13-27	M	10:30-11:15am
#99924	Oct 4-25	M	10:30-11:15am
#99925	Nov 1-22	M	10:30-11:15am
#99926	Dec 6-20	M	10:30-11:15am

### Dance – Twinkle Toes II

Location: Brier Creek Community Center  
Age: 3-4yrs. This fun filled dance class introduces students to beginning ballet and jazz steps, positions, and techniques. This class is twirling ribbons, scarves, hoops, and fun music to encourage creative movement. This class is a great way to improve flexibility, coordination and self esteem. Students will also learn a short dance routine that will be built upon each week of class. Instructor: Bethany Schlegel,

BS in Education. Class Fee: \$40

#99931	Sep 13-27	M	11:30am-12:15pm
#99932	Oct 4-25	M	10:30-11:15am
#99933	Nov 1-22	M	10:30-11:15am
#99942	Dec 6-20	M	10:30-11:15am

### Dance – Twirling Ribbons

Location: Laurel Hills Community Center  
Age: 3-5yrs. They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains Learn fun dance steps that are short, easy to follow and beautiful to see! Instructor: Coach K. Class Fee: \$42

#### Ages 3-5

#98914	Sep 13-Oct 4	M	2:15-3:00pm
#98915	Oct 11-Nov 1	M	2:15-3:00pm

#### Ages 6-11

#98916	Dec 1-22	W	6:00-6:45pm
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### Dance – Twirling Ribbons for 2's and 3's

Location: Laurel Hills Community Center  
Age: 2-3yrs. They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains. Fun dance steps that are short, easy to follow and beautiful to see! Parent attendance is required. Class Fee: \$36

#98910	Sep 13-Oct 4	M	12:45-1:15pm
#98911	Oct 11-Nov 1	M	12:45-1:15pm
#98912	Nov 8-Dec 6	M	12:45-1:15pm

### Dancing Puppet's Theatre

Location: Marsh Creek Park  
Age: 3-5yrs. This is a dance, drama and craft class. Kids get to show expression, dance, create and laugh! Dance with a funny puppet in scene play props, to give you a show on the spot. Great for self-discovery, adventure and social skills. Instructor: Miss Khadija. Class Fee: \$45

#100817	Oct 27-Nov 17	W	2:15-3:00pm
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### Hippity N' Roll

Location: Sanderford Road Park  
Age: 2-5yrs. This class uniquely combines hip hop dance with tumbling in a fun and energetic atmosphere. This high-energy class encourages creative and rhythmic dance. Are you ready yet? See you at Sanderford! Class Fee: \$32

#99094	Sep 6-27	M	6:00-7:00pm
#99095	Oct 4-25	M	6:00-7:00pm
#99096	Nov 1-22	M	6:00-7:00pm

### Little Holiday Creations

Location: Lions Park Community Center  
Age: 3-5yrs. Make the perfect gift for the holidays! Children will make holiday crafts. Parents are encouraged to join in on the fun. Class Fee: \$5

#99554	Nov 17	W	10:45-11:30am
#99555	Dec 15	W	10:45-11:30am

### Music – Harvest Harmonies by Moving to the Music

Age: 18-42mos. The air is getting chilly, so turn up the heat in this lively class for our youngest music lovers. We will explore the magic of autumn through circle time songs, educational games and dramatic play for tiny toes. Your child will learn about

Music Harvest Harmonies continued next page —

## Music Harvest Harmonies continued —

pumpkins, fall leaves, apples, harvest time and many other fall concepts as we sing and dance our way through the season. Special events include arts and crafts projects, parachute games and much more! Each child will receive a music bag which contains a CD of the music used in our class. Parent participation is required. A separate \$25 materials fee will be due to the instructor at the first class meeting. Instructor: Rhonda Felton Manning, BS in Education. Class Fee: \$35

**Lake Lynn Community Center**

#99479 Sep 17-Oct 22 F 10:00-11:00am  
#99480 Oct 29-Dec 10 F 10:00-11:00am

**Brier Creek Community Center**

#99788 Sep 15-Oct 20 W 10:00-11:00am  
#99794 Oct 27-Dec 8 W 10:00-11:00am

**Music – Music Together**

Location: Sertoma Arts Center

Age: 1 mos-5yrs. This is the core Music Together® class that a child can attend from birth to five years old and through all 9 song collections with a caregiver. Early Childhood Development recommends mixed-age groupings they foster natural, family-style learning. Each child participates at their own level in singing, moving, chanting, listening, watching, making up verses, and exploring musical instruments. The class provides a variety of adult-child activities. A materials fee of \$38 is due on the first class to the instructor. Each family will receive 2 CD's, a Songbook, and Parent Guide (new families) which is essential to the curriculum Music Together Program offered by Jammin Baby, LLC. New Music Together families will receive a New Family DVD with information about the Music Together curriculum. 1st child \$132, 2nd child \$65, 3rd child \$0 (family discounts for multiple registered children of the same family)

**Music Together Flutes Collection**

#98415 Sep 14-Nov 23 T 10:45-11:30am  
#98419 Sep 17-Nov 19 F 10:45-11:30am  
#98420 Sep 18-Nov 27 Sa 11:00am-12:00pm

**Music – Silly Sounds**

Location: Laurel Hills Community Center  
Age: 2-3yrs. Parent and child explore the exciting world of sound with sing-a-longs, child safe instruments, movement, and props to promote social and educational development. Instructor: Hanna Chio. Class Fee: \$36

#98635 Sep 7-28 T 10:15-10:45am  
#98636 Oct 5-26 T 10:15-10:45am  
#98637 Nov 2-23 T 10:15-10:45am  
#98638 Dec 7-21 T 10:15-10:45am

**Music, Mom, and Me**

Location: Laurel Hills Community Center  
Age: 9-23mos. Parent and child explore the exciting world of sound with sing-a-longs, child safe instruments, movement, and props to promote social and educational development. Instructor: Hanna Chio. Class Fee: \$36

#98643 Sep 7-28 T 11:00-11:30am  
#98644 Oct 5-26 T 11:00-11:30am  
#98641 Nov 2-23 T 11:00-11:30am  
#98642 Dec 7-21 T 11:00-11:30am

**Music –****Music Together Free Class Try Out**

Location: Sertoma Arts Center

Age: 1-5mos. If you/family has never taken music class before and you want an opportunity to try one out before signing up then this is the opportunity for you! Music Together® is a trademarked national family music program that grows with your family. It is curriculum based and fills your family full of joy! Children and their families will dance, sing play instruments all while learning about music and other cultures. Students must be registered to participate.

Class Fee: \$0

#98421 Sep 10 F 10:45am-11:30pm

**Preschool Art – Petite Picassos**

Location: Sertoma Arts Center

Age: 3-4yrs. Classes will encourage the parent/caregiver and child to create unique works of art together, as we explore different painting and craft techniques. Each week there will be stations set up with separate projects, which children can do at their own pace. Parent/caregiver attends with child; only child should be registered for class.

Instructor Sara McCreary. Class Fee: \$54  
#98480 Sep 14-Oct 19 T 11:00am-12:00pm  
#98484 Sep 16-Oct 21 Th 11:00am-12:00pm  
#98485 Nov 9-Dec 14 T 11:00am-12:00pm  
#98486 Nov 11-Dec 16 Th 11:00am-12:00pm

**Preschool Art Creations**

Location: Barwell Road Community Center

Age: 4-5yrs. Join art teacher Lori Jones as she leads you down a road to awesome fall creations. Each week we will read a story and make a craft that fits that theme. Fall is our theme as we take this amazing journey. Don't forget your old clothes and be prepared to get messy with paints and pastels! Class Fee: \$25

#99150 Sep 17-Oct 8 F 6:15-7:15pm

**Preschool – Beginning Ballet**

Location: Sertoma Arts Center

Age: 3-5yrs. Class participants will learn the basics of ballet in a fun and positive atmosphere. Through a variety of different imaginative activities children will learn basic ballet feet and arm positions, jumps, and traveling dance steps. Each class is action packed and will include many manipulatives (bean bags, rhythm sticks, parachute, and more!). Bring a friend and come join the fun! DeAnna Stojn, Instructs. Class Fee: \$54

#98428 Sep 13-Oct 18 M 4:00-4:45pm  
#98429 Nov 8-Dec 13 M 4:00-4:45pm

**Preschool –****Free Dance/Movement Try Out Class**

Location: Sertoma Arts Center

Age: 1-3yrs. If your child has never taken a dance/movement class before and you want an opportunity to try one out before signing up then this is the opportunity for you! Parents are encouraged to join in or just watch your child enjoy themselves it is

up to you. Students must be registered to participate DeAnna Stojn, Instructs. Class Fee: \$0

**Ages 1-3**

#98422 Sep 11 Sa 10:15-10:45am

**Ages 3-5**

#98423 Sep 11 Sa 11:00-11:30am

**Preschool Art – Mini Monets**

Location: Sertoma Arts Center

Age: 18-30mos. This class introduces little ones to a variety of art materials through hands on learning. Discovery and creative play encourages the development of motor skills and group social skills. Parent/caregiver attends with child; only child should be registered for class. Instructor Sara McCreary. Class Fee: \$54

#98475 Sep 14-Oct 19 T 9:30-10:30am  
#98477 Sep 16-Oct 21 Th 9:30-10:30am  
#98478 Nov 9-Dec 14 T 9:30-10:30am  
#98479 Nov 11-Dec 16 Th 9:30-10:30am

**Preschool – Mom and Me Grooving to the Music**

Location: Sertoma Arts Center

Age: 1-2yrs. Bring your favorite toddler and come join the fun! We will be moving and grooving to the beat while learning more about dance. Each fast paced class will include mom and me dances, bean bags, rhythm sticks, hula hoops, balls, and parachutes. This is a great action packed opportunity to build memories with your child (and learn different movement activities you can do at home with your child too!).

DeAnna Stojn, Instructs. Class Fee: \$54

#98424 Sep 13-Oct 18 M 9:30-10:15am  
#98425 Nov 8-Dec 13 M 9:30-10:15am

**Preschool – Tiny Tots Dance**

Location: Sertoma Arts Center

Age: 2-3yrs. Class introduces children to dance and music in a fast paced and action packed class. Through a variety of games and activities children learn the basics of dance and movement, gain a better understanding of abstract concepts (for example: fast vs. slow, big vs. small movement and more), and make new friends. DeAnna Stojn, Instructs. Class Fee: \$54

#98426 Sep 13-Oct 18 M 10:30-11:00am  
#98427 Nov 8-Dec 13 M 10:30-11:00am

**Princess Ballet**

Location: Laurel Hills Community Center

Age: 2-3yrs. This class is designed for a parent to participate with their princess or prince. Everyone will have ballet fun while they dance, learn creative movement and play with challenging positions. Together you will learn mini routines using props! Imagine the hours of fun and togetherness this course can create! Instructor: Coach K. Class Fee: \$36

#98863 Sep 4-25 Sa 12:00-12:30pm  
#98864 Oct 2-23 Sa 12:00-12:30pm  
#98904 Sep 13-Oct 4 M 11:45am-12:30pm  
#98905 Oct 11-Nov 1 M 11:45am-12:30pm  
#98906 Nov 8-Dec 6 M 11:45am-12:30pm

## Seasoning Of Art

Location: Marsh Creek Park

Age: 3-5yrs. With a different season themed craft and a theme related snack each month, they will be begging you to come back for more! We will provide the materials, snack and fun. You just bring you preschool child out and see what they will do for you!

Instructor: Miss Andrea, she is certified in Early Childhood Education. Class Fee: \$12

### Back to School

#100933 Sep 4 Sa 9:00-9:45am

### Fall

#100934 Oct 2 Sa 9:00-9:45am

### All About Turkeys

#100935 Nov 6 Sa 9:00-9:45am

### Winter Wonderland

#100938 Dec 4 Sa 9:00-9:45am

## What A Character

Location: Marsh Creek Park

Age: 3-5yrs. Bring your little character on over and let them celebrate a more famous one! Each month we will have an art project and snack that goes with the theme of the character! Instructor: Miss Andrea, she has is certified in Early Childhood Development.

Class Fee: \$12

### Tinkerbell

#100939 Sep 18 Sa 9:00-9:45am

### Transformers

#100940 Oct 16 Sa 9:00-9:45am

### Princesses

#100941 Nov 20 Sa 9:00-9:45am

### Action Heros

#100942 Dec 18 Sa 9:00-9:45am

## Youth

### Art – Advance Kids Cartooning

Location: Sertoma Arts Center

Age: 10-15yrs. Students will move past drawing single takes of characters to writing and drawing comics in sequences of panels. You will explore techniques such as quill pens and brushes, inks and watercolors.

Prerequisite: Cartooning I or permission.

Instructor, Richard Cloudt. Class Fee: \$60

#98497 Nov 8-Dec 13 M 4:00-5:30pm

### Art – Amazing Creatures

Location: Marsh Creek Park

Age: 5-7yrs. Do you have a favorite animal? In this class we are going to learn about all kinds of creatures. We will use materials, such as clay, paint and collage. All to create one-of-a-kind masterpieces of our animal friends. There is a supply fee of \$4 payable to instructor at first class. Instructor: Lori Jones, K-12 Art Certified. Class Fee: \$28

#99690 Oct 12-Nov 2 T 5:00-6:00pm

### Art – Art Explorers

Location: Sertoma Arts Center

Age: 5-6yrs. This class will explore a variety of techniques that allow for creative expression in a fun and supportive atmosphere. A selection of visual resources will be used to introduce styles, techniques, and artists, and as inspiration for some of the lessons. No sessions are ever the same!

Class Fee: \$70

#98518 Sep 14-Oct 19 T 1:00-3:00pm

#98520 Nov 9-Dec 14 T 1:00-3:00pm

#98521 Sep 14-Oct 19 T 4:00-6:00pm

#98522 Nov 9-Dec 14 T 4:00-6:00pm

### Art – Get smART

Location: Sertoma Arts Center

Age: 7-9yrs. Explore a variety of media, such as acrylic painting, watercolors, oil crayons, still life drawing, and illustration. This class is designed for discovery, self-expression, and having fun. No sessions are ever the same! Class Fee: \$70

#98515 Sep 15-Oct 20 W 4:00-6:00pm

#98514 Nov 10-Dec 15 W 4:00-6:00pm

#98516 Sep 15-Oct 20 W 10:00am-12:00pm

#98517 Nov 10-Dec 15 W 10:00am-12:00pm

### Art – Kids Cartooning

Location: Sertoma Arts Center

Age: 10-15yrs. This class will focus on how to draw cartoon characters with complete backgrounds, and introduce students to the basic, core techniques of cartoonists, using pencils, pens and colored pencils. We will also learn how to come up with jokes and stories for our characters. Instructor, Richard Cloudt. Class Fee: \$60

#98496 Sep 13-Oct 18 M 4:00-5:30pm

### Art – Krafty Kids II

Location: Optimist Community Center

Age: 6-10yrs. Join us for a different and creative arts and craft project or edible creation. A new project is introduced with each theme class. Fee is per class. Class Fee: \$8

#### Apple Daze

#100913 Sep 17 F 5:15-6:15pm

#100916 Sep 18 Sa 1:30-2:30pm

#### Pumpkin' Pals

#100919 Oct 15 F 5:15-6:15pm

#100920 Oct 16 Sa 1:30-2:30pm

#### Thankful Turkeys

#100921 Nov 19 F 5:15-6:15pm

#100922 Nov 20 Sa 1:30-2:30pm

#### Holly Holidays

#100923 Dec 17 F 5:15-6:15pm

#100924 Dec 18 Sa 1:30-2:30pm

### Art – Sensational Scarecrows

Location: Marsh Creek Park

Age: 6-8yrs. It's Fall Harvest Time! We'll listen to a story and then use paints and oil pastels to create a scarecrow that will make the crows caw! Instructor: Lori Jones, K-12 Art Certified. Class Fee: \$10

#99691 Oct 23 Sa 10:00am-12:00pm

### Art – World Explorers

Location: Marsh Creek Park

Age: 8-11yrs. Do you have you passport ready? In this class we are going to use our imagination to travel to different parts of the world. Each week we will celebrate a country through stories and art projects. A \$4 supply fee is required payable to the instructor the first day of class. Instructor: Lori Jones, K-12 Art Certified. Class Fee: \$28

#99689 Oct 11-Nov 1 M 5:00-6:00pm

### Art – Canvas Painting

Location: Sertoma Arts Center

Age: 9-15yrs. Students will create a master piece on a traditional artist canvas. You will learn techniques used by the masters to create a one of a kind master piece of your own! Class Fee: \$70

#### Ages 9-12

#98523 Sep 16-Oct 21 Th 4:00-6:00pm

#### Ages 13-17

#98524 Nov 11-Dec 16 Th 4:00-6:00pm

### Art – Color Expressions

Location: Sertoma Arts Center

Age: 7-9yrs. Freeing the imagination while training the eye and hand—students will enjoy creating colorful images in a friendly and supportive atmosphere. Paint, pastel and colored pencil will be explored Anna Sanderson instructs. Class Fee: \$70

#100977 Sep 28-Nov 16 T 4:00-6:00pm

### Art – Holiday Drop-n-Shop

Location: Sertoma Arts Center

Age: 5-10yrs. Sertoma presents the answer to your Holiday shopping dreams. Parents, drop off your kids ages 6-12 at the Sertoma Arts Center for our 'Drop-n-Shop' and enjoy a one day shopping spree, kid free! While you are marking names off your Christmas Gift List, you kids will be enjoying making art! Please note, children will need to bring a lunch/ snack. Registration is limited and required. You must pick your child up on time there is NO afterhour care! Class Fee: \$40

#98548 Dec 18 Sa 10:00am-2:00pm

#98549 Dec 20 M 10:00am-2:00pm

#98550 Dec 20 M 4:00-8:00pm

### Art – KidzArt

Location: Brier Creek Community Center

Age: 6-12yrs. KidzArt drawing classes meet right after school once each week for one hour. Access the power of your imagination...express ideas freely...overcome the impulse to judge yourself or others. Learn what to do with mistakes. Develop your own drawing style. Curriculum will surprise you and is always new...no repeats. Everyone can do it but our Brier Creek is geared to first graders up. High quality artist materials are included. Tuition is based on \$15 per week times the number of weeks in a session. Space is limited so sign up today!

#### Track 1

#101041 Oct 5-Nov 23 T 4:00-5:00pm

#### Track 2

#101042 Sep 14-Nov 9 T 4:00-5:00pm

#### Track 2

#101043 Dec 7-14 T 4:00-5:00pm

#### Track 3

#101044 Sep 7-Oct 19 T 4:00-5:00pm

#101045 Nov 16-Dec 14 T 4:00-5:00pm

#### Track 4

#101046 Oct 26-Dec 21 T 4:00-5:00pm

### Art – KidzArt Camps

Location: Brier Creek Community Center

Age: 6-12yrs. KidzArt is a 5-day expanded version of our unique drawing program. Through the interactive format, kids will

Art KidzArt Camps continued next page —

## Art KidzArt Camps continued —

produce several drawings and create 3-D art projects. Projects might include paper mache, sculpey polymer clay and other exciting new ideas. The week culminates in a gallery showing for family and friends. Students will proudly set their own exhibit to share the excitement of their accomplishments. All materials provided. Just bring a snack. Class Fee: \$150

**Track 1**

#101137 Oct 4-8 M-F 9:00am-12:00pm

#101138 Oct 25-29 M-F 9:00am-12:00pm

**Track 2**

#101136 Sep 13-17 M-F 9:00am-12:00pm

**Track 4**

#101139 Nov 15-19 M-F 9:00am-12:00pm

#101140 Dec 6-10 M-F 9:00am-12:00pm

**Art – Watercolor Techniques**

Location: Sertoma Arts Center

Age: 10-16yrs. Drawing skills will be strengthened and watercolor techniques introduced. Students will create paintings in a positive, supportive atmosphere. Anna Sanderson instructs. Class Fee: \$70  
#100978 Sep 30-Nov 18 Th 4:00-6:00pm

**Basic Mexican Folk Dances/  
Bailes de Folklore Mexicano**

Age 6-10yrs. The objective of this course is to introduce participants to the basic knowledge of various traditional Mexican Folklore dances. Participants will perform in a group presentation in late Fall 2010. The traditional clothing for the final group presentation will depend on the dance and will be provided by the child's parents. Este curso tiene como objetivo introducir el conocimiento básico de bailes del folklore mexicano a través de bailes tradicionales regionales. Al final del otoño los participantes harán una presentación en grupo. En la presentación se usará el vestido regional de acuerdo al baile y será proporcionado por los padres. \$30  
#99720 Sep 4-Nov 20 Sa 10:00-11:00am  
#99721 Sep 4-Nov 20 Sa 11:00am-12:00pm

**Beginning Theater for Kids**

Location: Green Road Community Center  
Age: 7-10yrs. Do you ever wonder how those kids on TV got there? Now is your chance to come and have some fun while learning the wonderful craft of acting!!! In this class Amy Murphy, a graduate of NYU's educational theater masters program, will lead you through an interactive class including improvisation, acting technique, breath work, and movement work. If you always wanted to take your talent and see how much fun it is to act, come on down and join us! Class Fee: \$65  
#100781 Sep 7-Oct 28 T,Th 5:00-6:00pm  
#100782 Nov 2-Dec 30 T,Th 5:00-6:00pm

**Beginning Theatre for Youth**

Location: Green Road Community Center  
Age: 11-14yrs. Do you ever wonder how those kids on TV got there? Now is your chance to come and have some fun while

learning the wonderful craft of acting!!!

In this class Amy Murphy, a graduate of NYU's educational theater masters program, will lead you through an interactive class including improvisation, acting technique, breath work, and movement work. If you always wanted to take your talent and see how much fun it is to act, come on down and join us! Class Fee: \$65

#100799 Sep 2-Oct 26 T,Th 6:00-7:00pm

#100800 Nov 2-Dec 30 T,Th 6:00-7:00pm

**Body Rhythm**

Location: Roberts Park Community Center  
Age: 9-16yrs. No. Its not dancing with the stars however, it could lead to that. Do you like to dance? Would you like to learn the mechanics of movement? Learn various steps and you can stop observing from a distance. Put your dancing shoes on. A great way to get in shape while having fun. Class Fee: \$25

#99313 Sep 4-25 Sa 10:00-11:30am

#99314 Nov 6-20 Sa 10:00-11:30am

**Dance – Ballet**

Location: Laurel Hills Community Center  
Age: 7-9yrs. Bring your ballerina to participate in a fun filled, dance centered environment. Students will start with an introduction to basic principles and terminology of ballet. Students will learn to increase their awareness of posture and body alignment. So come join our dance program and see your child's body awareness, self image, flexibility and coordination develop and grow. Instructor: Ms. Khadija. Class Fee: \$42  
#98886 Oct 2-23 Sa 1:45-2:30pm  
#98887 Oct 30-Nov 20 Sa 1:45-2:30pm

**Dance – Hip Hop Jam**

Location: Laurel Hills Community Center  
Age: 4-7yrs. Learn the basics of jazz with a hip hop flare. Have fun with the latest street dancing while developing body awareness, self image, and confidence. Traditional and innovative steps introduced along with rhythmic movement. Learn heel toe, Atlanta stomp, step and more. Instructor: Ms. Khadija. Class Fee: \$27  
#98883 Dec 4-18 Sa 12:00-12:30pm

**Dance –****Scottish Dance for Lads and Lassies**

Location: Laurel Hills Community Center  
Age: 5-18yrs. A fun and energetic dance class that offers the chance to learn about the traditional dance form of Scottish Highland Dance. Instructor: Erin McDougal. Class Fee: \$40  
#98621 Sep 2-23 Th 5:00-6:00pm  
#98622 Sep 7-28 T 5:00-6:00pm  
#98623 Oct 7-28 Th 5:00-6:00pm  
#98624 Oct 5-26 T 5:00-6:00pm

**Dance – Tap, Step 'n Jazz**

Location: Laurel Hills Community Center  
Age: 5-9yrs. Learn, perform and enjoy the beautiful discovery of dance. Leap, jump, spin, rock, roll, heel/toe, locomotive

movement, up tempo, and moderate rhythmic music. Instructor: Coach K. Class Fee: \$30  
#98889 Dec 4-18 Sa 1:45-2:30pm

**Dance Stars**

Location: Chavis Community Center  
Age: 6-14yrs. Your stars will shine while learning the fundamentals of dance. Classes will have a monthly focus including Ballet, Tap, Jazz and Hip Hop. Classes taught by Latisha Vereen, all levels of dance enthusiast are welcome. Class Fee: \$35

**Ballet**

#100516 Sep 1-22 W 6:00-7:00pm

**Tap**

#100520 Oct 6-27 W 6:00-7:00pm

**Jazz**

#100521 Nov 3-24 W 6:00-7:00pm

**Hip Hop**

#100522 Dec 1-22 W 6:00-7:00pm

**Family Portrait**

Location: Barwell Road Community Center  
Age: 6-10yrs. Celebrate your family this holiday season by creating a special portrait of your loved ones. Join art teacher Lori Jones as she guides you through the process of creating a wonderful gift that everyone will want to see. Class Fee: \$10  
#99153 Dec 4 Sa 10:00am-12:00pm

**Intermediate Theatre for Kids**

Location: Green Road  
Age 7-10yrs. Building on the work from the beginning theatre class, students will continue to develop their acting technique. Introduction to the work of Sanford Meisner, Augusto Boal and the Linklater technique for voice will be included. Students will be partnered up for scene work to perform at the end of our session. Instructor Amy Murphy. Class Fee: \$65  
#100816 Nov 1-Dec 22 M,W 5:00-6:00pm

**Intermediate Theatre for Youth**

Location: Green Road Community Center  
Age: 11-14yrs. Building on the work from the beginning theater class, students will continue to develop their acting technique. Introduction to the work of Sanford Meisner, Augusto Boal, and the Linklater technique for voice will be included. Students will be partnered up for scene work to perform at the end of our session. Instructor Amy Murphy. Class Fee: \$65  
#100818 Nov 1-Dec 22 M,W 6:00-7:00pm

**Kung Fu 101**

Location: Greystone Community Center  
Age: 9-17yrs. Students will learn the basics of the 4,000 year old martial art of Chinese Kung Fu. Sifu Rehji Burrell will personally instruct individuals on proper stances, strikes, kicks, stretching, strength, balance, endurance and Chi techniques as well as commands and terminology. This course is also designed to increase self awareness, self discipline and self confidence. Class Fee: \$65  
#98438 Sep 6-29 M,W 4:30-5:30pm  
#98439 Oct 4-27 M,W 4:30-5:30pm  
#98440 Nov 1-24 M,W 4:30-5:30pm  
#98441 Dec 6-29 M,W 4:30-5:30pm

**Mini Stitchers**

Location: Billmore Hills Community Center  
 Age: 11-17yrs. Sewing lessons for young people that want to learn how to read a pattern, select fabric and knowledge of sewing machines. The class project will be a tote bag. Class cost does not include material. Class Fee: \$20  
 #100490 Sep 11-Oct 2 Sa 11:00am-12:00pm

**Music – Introduction to Recorder**

Location: Lake Lynn Community Center  
 Age: 7-12yrs. In this class the student will learn how to read music and play songs on the recorder. Students need to bring their own record, folder and pencil. Lesson materials will be provided by the instructor. Class Fee: \$25  
 #99583 Sep 9-Oct 7 Th 6:30-7:30pm  
 #99584 Oct 14-Nov 18 Th 6:30-7:30pm

**Painting – Painting Like Picasso**

Location: Pullen Arts Center  
 Age: 5-7yrs. Students will learn about Picasso and his admiration for the line, love of color, and arrangement of shapes in children's art work. We will practice basic painting skills, including brush manipulation and color mixing while emphasizing one design element each day—line, shape, color, and painting portraits. We will learn the concept of 'Picasso Power'—Because you are great, your art is great! Instructor: Judy Jones. Class Fee: \$65  
 #99183 Sep 16-Oct 14 Th 4:00-5:30pm

**Painting – Painting Your Dreams: The Art of Minnie Evans**

Location: Pullen Arts Center  
 Age: 10-14yrs. Minnie Evans is a state treasure. Raised by her grandmother, she never left the state of North Carolina but once. She worked hard, married, raised a family, and later worked as a gatekeeper for Airlie Gardens in Wilmington. She was surrounded by green, her favorite color, and she used the visual elements around her to create her pictures. Not considered one of the century's great artists, Minnie had no training and didn't start painting until she was over 40 years old; however, she felt compelled to create and took joy and pleasure in producing her colorful, expressive pictures. The objectives in teaching about Minnie Evans are to inspire youth to enjoy the lushness of the natural world and appreciate the color green, to learn the visual elements of art, how to manipulate a paint brush, mix colors, and look at the art of others and form their own opinions about it. As weather permits, this class involves going outside with drawing boards and sketching materials. Instructor: Judy Jones. Class Fee: \$50  
 #99172 Oct 9 Sa 10:00am-3:00pm

**Photography – Digital Journaling**

Location: Barwell Road Community Center  
 Age: 8-14yrs. Photographs are a great way to tell a story! We will use the digital camera

to create interesting photographs and then use Photoshop Elements to add text to our images. Lori Jones instructs this class that builds skills while having fun creating students own work. Class Fee: \$30  
 #99147 Oct 3-24 Su 2:00-3:00pm

**Photography – Photoshop Elements for Youth**

Location: Barwell Road Community Center  
 Age: 8-14yrs. Photoshop Elements can help expand your creativity in photography. Learn how to adjust color, layer images and other exciting features that will enhance your digital photographs. Don't miss instructor Lori Jones as she leads you to a more creative photographer using Elements and Barwell Road's Mac Lab. Class Fee: \$40  
 #99151 Sep 18-Oct 9 Sa 1:00-2:00pm

**Photography – Fun with Holga Cameras!**

Sertoma Arts Center  
 Age: 7-12yrs. Students will learn the basics of photography using a fun Holga camera. Students will learn the basics of camera function, composition, and how to photograph a variety of photo scenarios including, but not limited to nature landscapes, close-up photography, portraits and architecture. On the last day students will make a photo book of 4x6 prints of their work. Holga cameras will be loaned to the students. Be prepared to go outside. \$10 supply fee is due to instructor on first day of class. Supply fee includes: film, processing and supplies for photo book. Jennifer Lawrence instructs. Class Fee: \$70

**Ages 7-9**

#101134 Sep 14-Oct 19 T 4:00-6:00pm

**Ages 10-12**

#101135 Nov 9-Dec 14 T 4:00-6:00pm

**Photography – Youth Digital Photography**

Location: Barwell Road Community Center  
 Age: 8-14yrs. There's a lot more to photography than point and shoot! Learn some digital photography basics and how to maximize the features on your camera. We will complete weekly projects in class and have positive critique sessions at the beginning of each class. Class Fee: \$40  
 #99149 Sep 18-Oct 9 Sa 11:00am-12:00pm

**Pottery – Handbuilding for Children**

Location: Sertoma Arts Center  
 Age: 5-8yrs. Children work with real clay and learn various methods of constructing pottery, such as pinch, coil, and slab to form their own unique creations. Pieces will be glazed during the last class so don't miss it! Student's can pick up finished work after course is completed. Instructor, Mira Woodell. Class Fee: \$52  
 #98502 Sep 1-22 W 4:15-5:30pm  
 #98504 Sep 2-23 Th 4:15-5:30pm  
 #98505 Oct 6-27 W 4:15-5:30pm

**Pottery – Holiday Gifts by Young Potters**

Location: Sertoma Arts Center  
 Age: 5-10yrs. Students will learn basic handbuilding techniques in order to create two unique holiday gifts: a funky plate or platter for goodies or snacks and an enclosed candle holder. Pieces will be decorated and glazed during the second class and left for firing. Finished pottery will be available for pickup the next week. No previous clay experience necessary. Mira Woodwell instructs. Class Fee: \$26  
 #98510 Nov 3-10 W 4:30-6:00pm  
 #98511 Nov 4-11 Th 4:30-6:00pm  
 #98513 Dec 1-8 W 4:30-6:00pm  
 #98512 Dec 2-9 Th 4:30-6:00pm

**Pottery – Kids Clay Sculpting**

Location: Pullen Arts Center  
 Age: 8-13yrs. Sculptural Handbuilding. We will learn the process of using clay to create sculpture, learning proper forming techniques such as slab construction, relief tiles, and coiling. While there are suggested projects demonstrated each week, each child will have freedom to adapt the techniques to their own ideas. There will be time to glaze and decorate. Final work will be picked up a few weeks after the last class. Materials provided. Instructor: Jayne Cluggish (4 weeks). Class Fee: \$48  
 #99245 Sep 20-Oct 11 M 4:00-5:30pm

**Theatrical Ballet**

Location: Marsh Creek Park  
 Age: 6-11yrs. Learn the basics of ballet as a performing art. Instructions will be given in the elements of movement, theory, techniques, sequence and composition. Drama Pirouette Ballerina's Music collection, props and designs are incorporated. Fun and educational. Instructor: Miss Khadija. Class Fee: \$42  
 #100376 Oct 29-Nov 19 F 6:30-7:15pm  
 #100403 Dec 3-24 F 6:30-7:15pm

**Youth – Life in a Box: The Art of Joseph Cornell**

Location: Pullen Arts Center  
 Age: 10-14yrs. The North Carolina Museum of Art has a piece by Joseph Cornell entitled 'Suzy's Sun (for Judy Tyler), 1957. It is constructed in a small box, using glass, shells, and found objects. It is a perfect starting point for the consideration of this artist and his unique work. In this class, students will explore art history and its usefulness in understanding diverse concepts of American life, gain an understanding and appreciation of individual differences, develop skills associated with the construction of a box, and make design decisions based on the principles of art. Instructor: Judy Jones. Class Fee: \$75  
 #99185 Sep 14-Oct 12 T 4:00-6:00pm

Youth Arts continued next page —

Youth Arts continued —

### Youth Performing Arts – Raleigh Children's Orchestra

Location: Sertoma Arts Center  
Age: 6-13yrs. The Raleigh Children's Orchestra is a multilevel string orchestra for students in grades 1-7, who have played for 6 months or more. The orchestra provides a rare opportunity for young players to rehearse and perform in an orchestra setting. Each semester begins anew with the learning of new pieces of music, culminating in a free public concert for friends and family. Students provide their own instruments, music stand, and 3-ring binder. Director: Ilse Mann. Concert on Nov 18th 7:00pm. Class Fee: \$108

#### Full Program Registration

#98442	Sep 2-Nov 18	Th	4:30-5:35pm
#98462	Sep 2-Nov 18	Th	5:40-6:45pm

#### 1/2 program

#98467	Oct 7-Nov 18	Th	4:30-5:35pm
#98468	Oct 7-Nov 18	Th	5:40-6:45pm

### Youth Workshop – Holiday Gifts – Ornaments

Location: Sertoma Arts Center  
Age: 5-8yrs. Each child will have the opportunity to create a variety of ornaments using a variety of materials. These are great gifts for teachers, parents, grandparents or to cherish as a memory all your own. Class Fee: \$35

#### Ages 5-8

#98543	Dec 4	Sa	10:00am-12:00pm
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#### Ages 9-12

#98544	Dec 18	Sa	10:00am-12:00pm
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### Youth Workshop – Halloween Fun

Location: Sertoma Arts Center  
Age: 5-8yrs. Each child will create Halloween inspired art using techniques such as sculpture, painting, drawing and more! These creations can be used year after year! Dress for the mess! Class Fee: \$35

#### Ages 5-8

#98545	Oct 23	Sa	10:00am-12:00pm
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#### Ages 9-12

#98546	Oct 23	Sa	1:00-3:00pm
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### Youth Workshop – Thanksgiving Centerpieces

Location: Sertoma Arts Center  
Age: 5-8yrs. Each child will create a festive cornucopia than can be used as this year's table center piece and every year after. This fun fill activity will fill the children full of excitement and the history of Thanksgiving! Class Fee: \$35

#### Ages 5-8

#98547	Nov 13	Sa	10:00am-12:00pm
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## Teen

### Drawing – Drawing Room Only

Location: Pullen Arts Center  
Age: 12-16yrs. A drawing class for non-artists who always wanted to learn to draw but were afraid to try. This is a simple, non-judgmental session designed to teach the basics in a non-stressful environment. Drawing and all the associated activities

are healthful, good for the mind and body. Students should bring a \$10 supply fee to the first class meeting. Instructor: Judy Jones. Class Fee: \$65  
#99219 Oct 6-27 W 4:00-6:00pm

### Painting – Still Lives, Portraits and Nature

Location: Pullen Arts Center  
Age: 12-18yrs. This class is for teens who are interested in improving their skills. We will focus on dynamic still life arrangements, portraits and nature. Students will be guided through painting from the initial idea, the drawing, and to painting completion exploring non-traditional and mixed media materials. Students may choose between oil and acrylic paints to hone their style and technique. Class Fee: \$75  
#99137 Oct 28-Dec 9 Th 5:45-7:30pm

### Pottery – Handbuilding for PreTeen and Teens

Location: Sertoma Arts Center  
Age: 9-15yrs. Students work with real clay and learn various methods of constructing pottery, such as pinch, coil, and slab to form their own unique creations. Pieces will be glazed during the last class and student can pick up finished work after course is completed. Instructor, Mira Woodell. Class Fee: \$52  
#98507 Oct 7-28 Th 4:15-5:30pm

### Pottery – Teen Handbuilding

Location: Pullen Arts Center  
Age: 12-18yrs. We will learn and use the basic handbuilding techniques of pinching, coiling, and slab work. Projects include both sculptural and functional work, such as cups, vases, bowls, relief sculpture tiles, and small sculpture. Creative ideas for personal projects are always welcome. Projects are structured to accommodate both beginners as well as experienced students, with the goal being to learn about clay work and have fun! Art work will be glazed and must be picked up at a later date. (This class does not qualify students for a studio card) Instructor: Gaines Bailey (5 sessions). Class Fee: \$72  
#99291 Oct 19-Nov 16 T 5:30-7:30pm

### Pottery – Teen Wheel for Beginners and Continuing Students

Location: Sertoma Arts Center  
Age: 13-16yrs. Teens learn the basics of throwing pots on the potters wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level so teens with previous throwing experience are welcomed. Class ends with glazing all pots for firing, which can be picked up by the students after class has ended. This class does not qualify participants for a Studio Card. 6 sessions. Cheryl Weisz instructs. Class Fee: \$80  
#98508 Sep 15-Oct 20 W 4:15-6:15pm

### Teen Artz at Barwell

Location: Barwell Road Community Center  
Age: 12-17yrs. Join artist Kirk Adam as he helps you bring out your inner artist in this great new program. Each session will have you listening to great music while creating your very own pieces. Topics include vinyl record sculpting, designing your own sneakers and creating your own ornaments for the holidays! Don't miss out on the fun! Some classes require students to bring minimal supplies. Class Fee: \$10

#### Vinyl Sculpting

#100176	Sep 18	Sa	10:00am-12:00pm
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#### Sneaker Design

#100196	Oct 16	Sa	10:00am-12:00pm
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#### Ornaments for the Holidays

#100197	Nov 20	Sa	10:00am-12:00pm
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## Adult

### Art – Dynamic Acrylics I

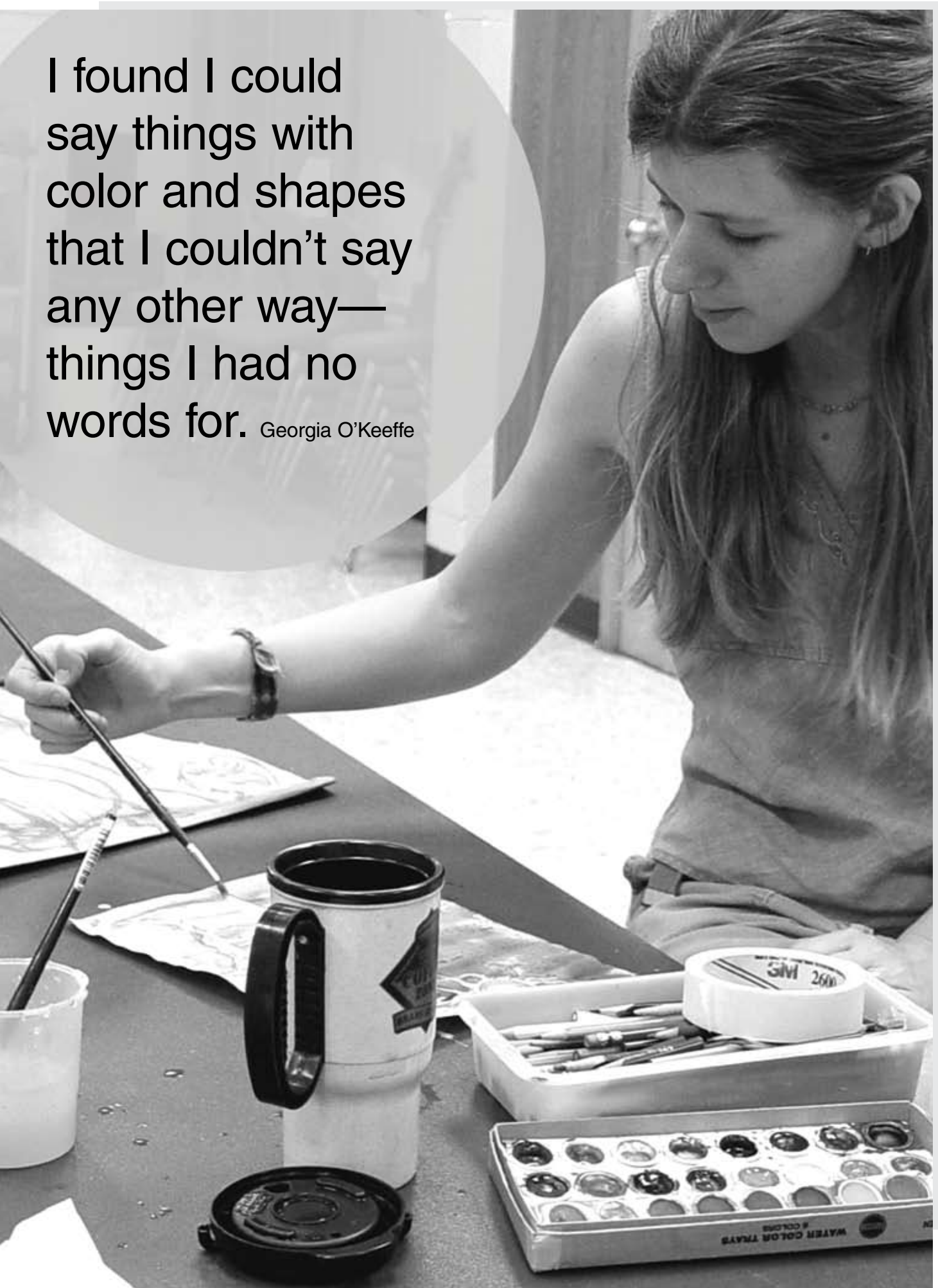
Location: Brier Creek Community Center  
Age: 16yrs and up. Stretch the possibilities of acrylics. Easy to understand demonstrations make this class fun and rewarding! You will take home Learn different types of applications from watercolor affects to heavy layering. We will work from real life subjects and with a variety of tools and learn techniques from drawing to mixing and applying to help you accomplish beautiful acrylic painting. There will be plenty of studies done from class exercises, as well as beautiful painting from a long study that you will take home with you! This class is designed for the beginner as well as those who want to strengthen their skills. All materials are included. Instructor: Thea Fotiu Howell, BA Fine Arts. Class Fee: \$195  
#101001 Sep 16-Oct 21 Th 6:30-8:30pm

### Art – Dynamic Acrylics II

Location: Brier Creek Community Center  
Age: 16yrs. and up. Develop your abilities with acrylics in the continuing course from the Dynamic Acrylics I class. Enhance your understanding of different methods of application with acrylics and explore the dynamic world of gels, mediums, and other additives used in acrylic painting. Again we will work from real life subjects so that you get the most out of viewing and studying surfaces, lights and shadows, and form to help you accomplish beautiful acrylic painting. We will also include ways to stop and evaluate your painting during the painting process—an important part of the painting process! Easy to understand demonstrations make this class fun and rewarding! You will take home plenty of studies done from class exercises, as well as a beautiful painting from a long study. This class is designed for those who took Dynamic Acrylic I with the instructor, and others with painting experience. All materials are included. Instructor: Thea Fotiu Howell, BA Fine Arts. Class Fee: \$195  
#101090 Nov 1-Dec 6 M 6:30-8:30pm

Adult Arts continued next page —

I found I could  
say things with  
color and shapes  
that I couldn't say  
any other way—  
things I had no  
words for. Georgia O'Keeffe



Adult Arts continued —

**Art – Seeing Life as a Line**

Location: Brier Creek Community Center  
 Age: 16yrs. and up. No drawing experience necessary as you explore the beauty of lines using the pencil and charcoal as your medium. Gain a whole new perspective on life around you. First class is an overview and free. If you decide to proceed, will meet for 4 weeks. Additional supply fee due to instructor: \$25. Instructor: Linda Pukalo, Visual Artist. Class Fee: \$80  
 #101003 Sep 11-Oct 9 Sa 10:00-11:30am  
 #101004 Oct 16-Nov 13 Sa 10:00-11:30am

**Art – Watercolor Fundamentals**

Location: Brier Creek Community Center  
 Age: 16yrs. and up. This beginner's workshop is full of the fundamental techniques, tips, tools, and tricks essential for watercolor painting. Learn how to plan, execute, and evaluate your watercolor painting before, during, and after the painting process for the best results! You will learn about fundamental drawing principles, color and brush techniques and use exciting materials and painting tools! All materials are provided including the subject matter—a stimulating still life scene of real-life subjects full of color, form, and texture. Take home your beautiful watercolor painting! (Participants bring their lunch for lunchtime hours—there will be a 30 minute lunch break along with several breaks during the workshop). All supplies included! Instructor: Thea Fotiu Howell, Artist. Class Fee: \$48  
 #100996 Sep 15 W 1:00-6:00pm  
 #100997 Sep 18 Sa 9:30am-2:30pm  
 #100998 Sep 25 Sa 9:30am-2:30pm  
 #101000 Oct 13 W 3:00-8:00pm

**Art – Watercolor Sampler**

Location: Lake Lynn Community Center  
 Age: 14yrs and up. Discover the colorful world of watercolor painting in this one-day workshop! Artist Laura Azzi will guide you through several fun, basic techniques. You will be given the chance to explore your creativity in a supportive atmosphere. No experience required! All paints and supplies will be provided by the instructor for a \$20 fee payable at class. Class Fee: \$34  
 #99508 Oct 3 Su 1:00-5:00pm

**Art Workshop – Holiday Cards in Watercolor**

Location: Lake Lynn Community Center  
 Age: 14yrs and up. This one-day workshop will teach you how to make wonderful holiday cards using basic watercolor techniques... no experience required! Artist Laura Azzi will teach you several basic, fun techniques. You will be able to explore color, texture and composition as you create your very own designs. Bring a friend or family member! All paints and supplies will be provided by the instructor for a separate \$20 fee, due to instructor at the class. Class Fee: \$34  
 #99503 Nov 21 Su 1:00-5:00pm

**Art – Criticism of Work in Progress**

Location: Jaycee Community Center  
 Age: 18yrs and up. Students bring one piece of work currently in progress, in any medium, for critique. Emphasis will be on paintings and drawings, but sculpture may be included. Ben Williams instructs. Class Fee: \$75  
 #99803 Oct 4-Nov 22 M 1:00-3:30pm

**Ballroom Dance – Friday**

Location: Pullen Community Center  
 Age: 18yrs and up. Dance the night away with your favorite ballroom dances every Friday night. Weekly admission fee.

**Basket Making – Basic Market Basket**

Location: Lake Lynn Community Center  
 Age: 16yrs and up. A simple market basket to weave that will hold just about everything! Basic weaving techniques will be taught with a very functional basket as a result. All materials provided by instructor for a \$15 fee payable at class meeting. An example basket will be on display at Lake Lynn. All levels welcomed. Brenda Elshof instructs. Class Fee: \$25  
 #99501 Nov 6 Sa 9:30am-2:30pm

**Basket Making – Too Simple Bread Basket**

Location: Lake Lynn Community Center  
 Age: 16yrs and up. A basket fit for a beginner or for an experienced weaver to brush up on new techniques. Learn to weave a simple basket using several weaving techniques and come away with a useful and functional basket. Example basket will be on display at Lake Lynn. An additional \$15 supply fee will be due to the instructor at the class. Brenda Elshof instructs. Class Fee: \$25  
 #99502 Oct 9 Sa 9:30am-2:30pm

**Basket Weaving – Garlic Baskets**

Location: Sertoma Arts Center  
 Age: 16yrs and up. Weave two—one for you, one for a friend! This airy basket weaves up so quickly, you'll finish one and start another during the class. Finished size is 6" high x 4" diameter and you have a selection of accent colors to choose from. All levels welcome! A \$7 kit fee due to instructor before class starts. Instructor: Barbara McGeachy. Class Fee: \$40  
 #98373 Nov 13 Sa 1:00-3:00pm

**Basket Weaving – Old Time Lunch Box Basket**

Location: Sertoma Arts Center  
 Age: 16yrs and up. A simpler time simpler lunch box basket woven with Shaker tape handles. Makes a great gift this holiday season. A choice of colors for students to choose from. All Levels A \$15 kit fee due to instructor before class starts. Instructor: Brenda Elshof. Class Fee: \$40  
 #98374 Dec 11 Sa 9:30am-2:30pm

**Basket Weaving – Scrapbooker/Craft Basket**

Location: Sertoma Arts Center  
 Age: 16yrs and up. A basket to hold your scrap booking paper and supplies or any

other craft supplies. This basket is a must for just about anything you can hold. All Levels A \$15 kit fee due to instructor before class starts. Instructor: Brenda Elshof. Class Fee: \$40  
 #98375 Sep 18 Sa 9:30am-2:30pm

**Basket Weaving – The Bowl Basket**

Location: Millbrook Exchange Community Ctr  
 Age: 16yrs and up. This simple and very functional basket will be woven over a plastic bowl. You will learn basic weaving techniques and will have a choice of colors. Finished basket will have a swing handle. All levels are welcome. Bring \$15 for materials kit payable to instructor, Brenda Elshof. Class Fee: \$25  
 #99225 Oct 23 Sa 9:30am-2:30pm

**Basket Weaving – The Too Cute Basket!**

Location: Millbrook Exchange Community Ctr  
 Age: 16yrs and up. Come make a cute and useful basket! We'll weave this basket with a twine bottom and swing handles. The basket will measure about 12in tall and 8in wide. You will get to choose your colors! All levels are welcome in this one-day class. Bring \$15 for materials kit to the instructor, Brenda Elshof. Class Fee: \$25  
 #99224 Nov 20 Sa 9:30am-2:30pm

**Beading – Intro to Bead Stringing**

Location: Pullen Arts Center  
 Age: 13yrs and up. This class will teach you basics in design and completion of a bracelet. Once you master these techniques, you will be able to use your skills to make necklaces, anklets, etc. Please call Pullen Arts Center for a supply list. Class Fee: \$30  
 #100464 Sep 16 Th 7:00-9:30pm

**Beading – Intro to Silk Knotting**

Location: Pullen Arts Center  
 Age: 13yrs and up. This class introduces students to the traditional method of stringing pearls with a knot in between each pearl. We will finish up the class by covering the best way to attach a clasp to the string of beads. Please call Pullen Arts Center for a supply list. Class Fee: \$30  
 #100500 Oct 14 Th 7:00-9:30pm

**Beginner Belly Dance**

Location: Laurel Hills Community Center  
 Age: 18yrs and up. Learn the ancient art that enhances self confidence and helps you get fit! Have fun relieving stress while learning moves that help work out your core. Come shimmy with me! Instructor: Miss Kitty. Class Fee: \$35  
 #98971 Sep 1-29 W 4:00-5:00pm  
 #98974 Sep 1-29 W 8:00-9:00pm  
 #98975 Sep 4-25 Sa 1:00-2:00pm  
 #98976 Oct 6-27 W 4:00-5:00pm  
 #98977 Oct 6-27 W 8:00-9:00pm  
 #98978 Nov 3-24 W 4:00-5:00pm  
 #98983 Nov 3-24 W 8:00-9:00pm  
 #98986 Dec 1-29 W 4:00-5:00pm  
 #98988 Dec 1-29 W 8:00-9:00pm

### Belly Dance

Location: Pullen Community Center  
Age: 16yrs and up. Learn Belly Rolls, Hip Rolls and Circles, Snake Arms, and Shimmies. Belly Dance develops: FLEXIBILITY, FIRING UP, FITNESS, ENERGY and SELF ESTEEM. Class Fee: \$40  
#98090 Sep 13-Oct 4 M 5:30-6:30pm  
#98091 Oct 11-Nov 1 M 5:30-6:30pm  
#98092 Nov 8-29 M 5:30-6:30pm  
#98093 Dec 6-27 M 5:30-6:30pm

### Belly Dance – Hafila

Age: 5yrs and up. A night of Middle Eastern enchantment features Miss Kitty and other local belly dance artists and musicians in the belly dance community. This showcase is appropriate for all ages to enjoy. Come out and join us for a Middle Eastern delight! Pre-registration is required prior to September 24, 2010. Class Fee: \$5  
**Laurel Hills Community Center**  
#98989 Sep 24 F 6:30-8:30pm  
**Marsh Creek Community Center**  
#99667 Nov 19 F 7:00-9:00pm

### Bookmaking – A Nag Hammadi Book

Location: Pullen Arts Center  
Age: 16yrs and up. A modern-day interpretation of a very historic book structure, this soft leather-covered book is simple to make and extremely durable to use in everyday life. Leather, papyrus, parchment, Italian mould made paper, and linen thread are used. For this book we will bind using the Tackett stitch. One class makes one book. All levels welcome. Supply fee of \$15 payable to the instructor. Instructor: Kathy Steinsberger (1 day). Class Fee: \$25  
#99040 Oct 19 T 6:00-8:30pm

### Bookmaking – Italian Long-stitch Binding

Location: Pullen Arts Center  
Age: 16yrs and up. Leather, decorative Italian mould-made paper, and linen thread are used for this technique. This book can be used as the template for a beautiful set of soft-cover volumes created by modifying the long-stitch exposed bindings, tooling the leather, and varying the closure clasp. All levels welcome. Supply fee of \$15 payable to the instructor. Instructor: Kathy Steinsberger (1 day). Class Fee: \$25  
#99045 Oct 26 T 6:00-8:30pm

### Bookmaking – Once Upon a Time

Location: Pullen Arts Center  
Age: 16yrs and up. This is a fun and inspiring class, focusing on crafting handmade books with content. Handmade books are more than empty pages or display items, but the symbolic vessels of history, religion, and creative expression. Incorporating exercises in written and illustrative imagery, we will create books which compliment the content. Illustrative exercises include paste-paper, transfers, collage, cut paper, and stenciling. Binding includes accordion structures, exposed

bindings, coptic, and hinge books. All levels welcome. Supply fee of \$35. payable to the instructor at the first class. Instructor: Kathy Steinsberger (5 weeks). Class Fee: \$75  
#99030 Sep 14-Oct 12 T 6:00-8:30pm

### Bookmaking – Paste-Paper Play Day!

Location: Pullen Arts Center  
Age: 16yrs and up. Spend a day immersed in playful painting, combing, and stamping, with paste paints. Create a stash of papers for making books, cards, origami, gift wrapping, and framing. We will explore all sorts of paper surfaces, and create one huge piece of wrapping paper each! All levels welcome. Supply fee of \$20 payable to the instructor. Instructor: Kathy Steinsberger (1 day). Class Fee: \$50  
#99058 Dec 11 Sa 9:30am-2:00pm

### Bookmaking – Silly Pop-Up Cards and Book!

Location: Pullen Arts Center  
Age: 16yrs and up. Spend the day crafting 10+ variations of pop-up cards/books for the Holiday Season. Christmas, Hanukkah, Kwanzaa, New Year's, etc or your own reason to Celebrate! All levels welcome. Supply fee of \$15 payable to the instructor. Instructor: Kathy Steinsberger (1 day). Class Fee: \$50  
#99059 Dec 12 Su 9:30am-2:00pm

### Bookmaking – Basic Techniques

Location: Barwell Road Community Center  
Age: 16yrs and up. We cover the history of book making and binding, simple stitches and create wonderful small books that can be used for sketching, journals, gifts, etc. Please be prepared to pay a \$10 fee to the instructor on the first day of class. Kirk Adam instructs. Class Fee: \$65  
#100110 Sep 13-Oct 18 M 7:00-9:00pm

### Creative Writing – Unleash Your Inner Writer

Location: Pullen Arts Center  
Age: 16yrs and up. Interested in creative writing but intimidated by the blank page? Dreaming of writing a memoir, short story, or poem, but finding yourself at a loss for inspiration, confidence, or words? This creative writing course offers students a chance to develop short memoirs, short stories, and poems with in-class instruction, writing exercises, and workshops. Instruction and exercises on the elements of craft involved in memoir, poetry, and fiction writing will offer inspiration and insight into capturing the world with words. Workshops will offer students a friendly place to share their work, give and receive constructive criticism, and be inspired by one another. Tina Clark instructs. Class Fee: \$84  
#99170 Sep 4-Oct 9 Sa 10:30am-12:30pm

### Dance – Ballroom I

Location: Sertoma Arts Center  
Age: 16yrs and up. Students are instructed in at least four of the following dances during each series: Foxtrot, Swing, Waltz,

Cha Cha, Rumba, Tango, Hustle, Samba, Mambo, and Merengue. Instruction in each dance includes the basics, the techniques, and styling for both beginning and some advanced dance patterns. Couples only please, each person from each couple must register separately. Instructors, Liz Sorrell and Bob Klatt. Class Fee: \$64  
#98307 Sep 14-Nov 9 T 7:15-8:30pm

### Dance – Ballroom II

Location: Sertoma Arts Center  
Age: 16yrs and up. Students should be proficient in the majority of the dances covered in Ballroom I and ready to progress to more difficult routines. In addition, students may be introduced to more advanced dances such as Advanced Foxtrot and Quick Step. Both proper techniques and more advanced styling are stressed. Prerequisite: At least three (3) Ballroom I dance series or the equivalent. Couples only please. Each person from each couple must register separately. Instructors, Liz Sorrell and Bob Klatt. Class Fee: \$64  
#98308 Sep 14-Nov 9 T 8:15-9:30pm

### Dance – Fall Social Dance (No Partner Required)

Location: Sertoma Arts Center  
Age: 13yrs and up. This series offers individuals several dance styles to choose from. Students will learn and enhance techniques while expanding on the variety of moves in each dance. You may sign up for one, two or all! Couples are always welcome but not required. Please consult a physician before beginning any exercise program. Instructors from Mad about Dance. Class Fee \$65/class per person One child 13 and under per registered parent/guardian \$35.

#### East Coast Swing Level 1

#98490 Sep 16-Oct 21 Th 7:00-8:00pm

#### Salsa Level 1

#98491 Sep 16-Oct 21 Th 8:00-9:00pm

#### Slow Blues Smooth Dance Level 1

#98492 Sep 16-Oct 21 Th 9:00-10:00pm

#### East Coast Swing Level 2

#98493 Nov 4-Dec 9 Th 7:00-8:00pm

#### Salsa Level 2

#98494 Nov 4-Dec 9 Th 8:00-9:00pm

#### Slow Blues Smooth Dance Level 1

#98495 Nov 4-Dec 9 Th 9:00-10:00pm

### Dance – Intro to Salsa

Location: Greystone Community Center  
Age: 18-99yrs. This class is for the person who would like to be popular at the Latin dance club or the next social event! We will begin with the basic Salsa movements such as Cross-Body Leads and Underarm Turns. By the end of class you will walk out confident in your moves and with hearing the beat in the music. Sign up to learn more about this HOT Latin dance! Class Fee: \$50  
#99850 Sep 7-28 T 5:00-6:00pm  
#99851 Oct 5-26 T 5:00-6:00pm  
#99852 Nov 2-23 T 5:00-6:00pm  
#99853 Dec 7-28 T 5:00-6:00pm

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# Gallery Program

## Pullen Arts Center Gallery Exhibits

105 Pullen Road • Raleigh, 27607  
919-996-6126

**Gallery Hours** – Exhibits at Pullen Arts Center are on display in the lobby during normal operating hours.

M-Th	9am-10pm
F	9am-1pm
Sa	10am-3pm
Su	1-5pm

### **September 1-30**

- “Drawings and Prints” by Michael Voors

### **October 1-November 30**

- “Metal Work Inspired by National Park Grand Canyon Residency” by Erica Stankwylch Bailey

### **November 1-December 15**

- “Pullen Arts Center Participants Show” Reception TBA (For details, contact Betty McKim 996-6126)

Artists interested in being considered for an exhibition can contact Betty McKim at 996-6126.

## Sertoma Arts Center

1400 W. Millbrook Road • Raleigh, 27612  
919-420-2329

**Gallery Hours** – Exhibits are on display in the lobby during normal operating hours.

### **Display Case and Hall Gallery:**

M-Th	9am-10pm
F	9am-1pm
Sa	10am-3pm
Su	1-5pm

Hours are subject to change.

**Raleigh Room** – Call for the best times to view exhibits in the Raleigh Room.

### **September**

- **Reception: September 5**
- **Hall Gallery** – Rebecca Rousseau – paintings
- **Raleigh Room** – Sol Levine – photography
- **Display Case** – TBA

### **October**

- **Reception: October 3**
- **Hall Gallery** – Sertoma Portrait Painters
- **Raleigh Room** – Sertoma Portrait Painters
- **Display Case** – Sertoma Portrait Painters

### **November**

- **Reception: November 7**
- **Hall Gallery** – TBA
- **Raleigh Room** – Zachary Horn – Painting, Contemporary
- **Display Case** – Raleigh Miniatures Guild

### **December**

- **Reception: December 5**
- **Hall Gallery** – Capitol City Camera Club – Photography
- **Raleigh Room** – Capitol City Camera Club – Photography
- **Display Case** – Capitol City Camera Club – Photography

Artists interested in being considered for an exhibition can call 420-2329.

## Raleigh Arts Commission

**Block Gallery Municipal Building Art Exhibition Program**  
**The Miriam Preston Block Art Gallery** – located on the first and second floors of the Avery C. Upchurch Government Complex. The gallery is open Monday through Friday from 8:30am-5:15pm, except on holidays. Additionally, this year the Commission has added a new exhibition space for video artwork, Block2 located at Urban Design Center, 133 Fayetteville Street. The Block2 Street Video series runs concurrently with municipal building Block exhibitions.

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## **Dance – Zumba**

Location: Sertoma Arts Center

Age: 12yrs and up. Zumba is all about ditching the workout and joining the party! ANY AGE and ANY Fitness level can enjoy this wonderful combination of Latin dance and aerobics! Before undertaking any exercise program one should consult a physician. Class Fee: \$48  
#98309 Sep 14-Oct 19 T 6:00-7:00pm  
#98310 Nov 9-Dec 14 T 6:00-7:00pm

## **Dance –**

### **Raleigh International Folk Dancers**

Location: Glen Eden Park

Age: 16yrs and up. Exercise, socialize, and learn the joy of dancing with music from many world cultures. The Raleigh International Folk Dancers teach newcomers through a basic vocabulary workshop and dances. Previous cultural dance styles include Polish, Turkish, Israeli, Romanian, and Bulgarian. Memberships dues are \$1/person/meeting. No registration necessary. Classes are held at Glen Eden Pilot Park – 1500 Glen Eden Drive. Class Fee: \$1  
#99887 Sep 3-24 F 6:00-10:30pm  
#99888 Oct 1-29 F 6:00-10:30pm  
#99889 Nov 5-26 F 6:00-10:30pm  
#99890 Dec 3-31 F 6:00-10:30pm

## **Development – Get Your Art Out There!**

Location: Pullen Arts Center

Age: 16yrs and up. This popular 8 week workshop provides participants with step-by-step instruction designed to help artists get their art into the public eye and money into the artist's pocket. No matter how little or great your success so far has been, you can always step into greater rewards for yourself from your art. Networking, marketing your art, galleries, how to sell, where to sell...all areas that have been a challenge for artists become easy when learned with humor, care and a facilitator from the Artist Support Network. Sign up early. Class size limited. Don't miss this opportunity! Cheryl Weisz instructs. (8 weeks). Not sure if this class is for you? Join us for a free intro session Tuesday, September 21, from 8-9pm. Class Fee: \$72  
#99022 Oct 5-Nov 23 T 7:30-9:30pm

## **Drawing – Basic Drawing**

Location: Millbrook Exchange Community Ctr

Age: 18yrs and up. This beginner-level course will focus on all the fundamentals of drawing including line quality, composition, spatial relationships, value, and perspective. It is meant to enhance the students' observational sensibilities while encouraging each participant to find their own individual expression. With graphite and charcoal, as well as 'subtractive' techniques, erasers and lifting, each student will navigate through several in class studies and exercises that tap into the 'right-side of the brain', the

spacial solving hemisphere. This is a good foundation class for all artistic endeavors. Supplies list will be given upon registration for this 6-week course. Instructor: Leslie Pruneau. Class Fee: \$85  
#99186 Nov 9-Dec 14 T 10:30am-1:00pm

## **Drawing – Basic Techniques**

Location: Sertoma Arts Center

Age: 16yrs and up. This class is for beginners and those who need a refresher. Explore contour, proportion, perspective, form, and value. It is recommended to take a drawing course before any painting course. This will provide a great foundation. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructors, Cindy Mounce. Class Fee: \$84  
#98312 Sep 15-Oct 20 W 9:30am-12:00pm

## **Drawing – Beginning**

Location: Pullen Arts Center

Age: 16yrs and up. Learn to draw what you see through the study of contour, composition, perspective, and value. This course provides a good foundation for all painting classes. Students should bring their own supplies. Supply List provided. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$85  
#98613 Sep 13-Oct 18 M 7:00-9:30pm

## **Drawing – Beginning Pastel Painting**

Location: Sertoma Arts Center

Age: 16yrs and up. This beginning class is for students with drawing experience who want to start working in color. You will learn various applications; work with surfaces and create strong compositions. Continuing students are welcome and encouraged to work independently on projects with instructor direction. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructor Cindy Mounce. Class Fee: \$84  
#98330 Sep 17-Oct 22 F 9:30am-12:00pm

## **Drawing – Calibrated Drawing**

Location: Sertoma Arts Center

Age: 16yrs and up. How a student approaches, a drawing is closely connected to the mechanics of the drawing. Calibrated drawing allows a student to approach the work correctly by working on first things first, then putting all the important details in the proper place. Instructor, Richard Cloudt. Class Fee: \$84  
#98314 Nov 8-Dec 13 M 6:00-7:30pm

## **Drawing – Cartooning for Adults**

Location: Sertoma Arts Center

Age: 16yrs and up. This class is perfect for both the novice and seasoned amateur. Students will use a variety of mixed media to create cartoons. Beginning with the black and white, single-panel gag cartoon, students will study the cartoon form of their choice. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructor, Richard Cloudt. Class Fee: \$84  
#98315 Sep 13-Oct 18 M 6:00-7:30pm

### Drawing – Continuing

Location: Pullen Arts Center

Age: 16yrs and up. Further explore your drawing skills while experimenting with other materials such as charcoal and pen and ink. Focus on your individual style will be enhanced through personal instruction and critiques. Prerequisite: any beginning drawing class. Supply List provided.

Instructor: Leslie Pruneau (6 weeks). Class

Fee: \$85

#98614 Nov 1-Dec 6 M 7:00-9:30pm

### Drawing – Painting with Color Pencils

Location: Sertoma Arts Center

Age: 16yrs and up. Colored pencil is the perfect stepping-stone for the artist who wishes to move from drawing to painting. If you like to draw, you will love colored pencils. The basic techniques and tips for using colored pencils are covered in the course. Students will have a completed project by the end of the course. All skill levels welcome, although basic drawing skills are recommended. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructor is a signature member of the Colored Pencil Society of America Instructor, Linda Koffenberger. Class Fee: \$84

#98316 Oct 11-Nov 15 M 1:00-3:30pm

### Drawing – Workshop with Michael Voors

Location: Pullen Arts Center

Age: 16yrs and up. This workshop is designed for students who have drawing experience and wish to engage in a deeper level of investigation. We begin with the premise that drawing is the important underlying basis for all the visual arts. Students will explore a variety of techniques and strategies and will work largely from still life objects. Initial drawings and studies will be used as a point of departure for more sustained compositions. We will explore: Gesture and movement, structure and comparative measurement, light and value and how this is put into the context of the page through sound principles of composition. The importance of making initial contact through sustained gesture will lead to an investigation of sighting techniques, comparative measurement and seeing in terms of relationships. Work will be discussed individually and within the group sessions. There will be demonstrations and a slid lecture discussing traditional and contemporary approaches to drawing. Instructor: Michael Voors (2 day). Class Fee: \$120

#99013 Sep 25-26 Sa-Su 9:00am-4:00pm

### Drawing – Beginning Drawing

Location: Barwell Road Community Center

Age: 16yrs and up. Using lines, shapes and shadows, this course will teach you how to draw what you see. This class is geared

toward those who have not drawn before or would like a refresher in the basics. Excellent class should you desire to take a beginning painting class. Students should bring their own supplies. Supply List provided at the time of registration. Instructor: Kirk Adam. Class Fee: \$75

#100096 Sep 22-Oct 20 W 7:30am-8:30pm

### Fibers – Advanced Knitting

Location: Pullen Arts Center

Age: 16yrs and up. If you have a basic understanding of knitting and want to move on to the next level, this class is for you! We will discuss advanced knitting patterns and practice cabling, bobbles, and aran isle knitting techniques. Prerequisite: Learn to Knit at Pullen Arts Center or other beginning knitting class. Instructor: Sharon Petrides. Class Fee: \$34

#99489 Oct 21-Nov 11 Th 5:30-7:30pm

### Fibers – Introduction to Fiber Reactive Dyes

Location: Pullen Arts Center

Age: 16yrs and up. For students who've taken the intro to silk painting class and want to experiment with other ways to get the vibrant color results of dyes. We'll learn to mix chemical water and powdered dyes, and to make dye paste. We'll experiment with parafait dyeing, stamping, stenciling and do a little silk screening. You'll make at least two finished silk scarves during this course. We'll be working with soda-soaked silk, so will be able to avoid the need for steaming. Students provide their own supplies. Instructor: Janine Maves (6 weeks). Class Fee: \$120

#99088 Nov 8-Dec 13 M 7:00-9:30pm

### Fibers – Introduction to French Dyes and Steaming

Location: Pullen Arts Center

Age: 16yrs and up. If you've taken the Introduction to Silk Painting class and want to get the vibrant color results of dyes, learn the basics at this one day workshop. We'll use French dyes to paint a small scarf and learn how to assemble a steamer. We'll steam as many projects as will fit into the steamer during the workshop. Please call Pullen Arts Center for a supply list. Class Fee: \$50

#99293 Nov 11 Th 10:00am-4:00pm

### Fibers – Leaf and Fish Prints on Silk

Location: Pullen Arts Center

Age: 16yrs and up. A fun one-day project to create a dramatic black silk scarf with metallic accents. Instructor: Janine Maves (1 day). Class Fee: \$40

#99085 Oct 28 Th 6:00-9:30pm

### Fibers – Leaf Print Silk Tie

Location: Pullen Arts Center

Age: 16yrs and up. A fun one-day project to create a dramatic black silk tie with metallic accents. Instructor: Janine Maves (1 day). Class Fee: \$40

#99086 Sep 30 Th 6:00-9:30pm

### Fibers – Make an Adjustable Silk Painting Frame

Location: Pullen Arts Center

Age: 16yrs and up. A one-day project to construct a silk stretching frame that can adjust to fit any oblong scarf up to 14 x 90". Kit supply fee of \$25 to be paid to the instructor. Instructor: Janine Maves (1 day). Class Fee: \$35

#99087 Nov 20 Sa 10:00am-2:00pm

### Fibers – Silk Painting

Location: Pullen Arts Center

Age: 16yrs and up. Discover the mesmerizing process of painting on silk. Once you touch your brush to silk, you'll understand why people fall in love with this time-honored art. New technology in silk paints and gutta makes it easy for anyone to make a beautiful silk painting. Using nontoxic water-based resist and paints, we'll produce at least two silk paintings in class. Class fee includes \$15 in silk supplies. Students will be asked to bring additional materials (list provided with registration confirmation) to build a simple frame. Additional silk will be available for purchase. Class limited to 12. Instructor: Janine Maves (6 weeks). Class Fee: \$100

#99220 Sep 20-Oct 25 M 7:00-9:30pm

### Glass – Basic Stained Glass

Location: Pullen Arts Center

Age: 16yrs and up. Turn glass into a vibrant piece of art that will change as the light of the day and seasons progress. In this 14 hour Basic Stained Glass workshop you will craft a panel using the copper foil method from start to finish. Your framed piece will be ready to hang in your favorite sunny window and you will have the resources to turn this exciting craft into a hobby. All supplies included except glass. Student purchases glass from instructor for project (approx. \$20). Instructor: Jean Cheely (2 sessions). Class Fee: \$112

#98679 Oct 2-3 Sa-Su 9:00am-4:00pm

### Glass – Beyond Basic Stained Glass

Location: Pullen Arts Center

Age: 16yrs and up. In this class we are going to the next level in stained glass. Basic stained glass is a prerequisite for this exciting jump to incorporating 'found objects' into your stunning stained glass panel. We will talk about design elements and various shapes for panels. Get ready for this fun and intense 14 hour weekend workshop. All supplies included except glass. Prerequisite: Basic Stained Glass with the Pullen Arts Center. Student purchases glass from instructor for project (approx. \$20). Instructor: Jean Cheely (2 sessions). Class Fee: \$112

#98680 Oct 23-24 Sa-Su 9:00am-4:00pm

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Adult Arts continued —

### **Glass – Intro to Glass Fusing and Slumping**

Location: Pullen Arts Center

Age: 16yrs and up. This course will introduce you to the exciting art of Warm Glass! Students will use Bullseye brand art glass, stringers, powders, and frit to create pendants and tiles. Included will be instruction in glass compatibility, annealing, and sculpting. After fusing their glass designs in a kiln, students will learn to use molds to slump (the controlled bending or downward sinking of glass while being heated) their fused flat pieces into plates, platters and bowls. Students purchase glass for projects at class (starting at approx. \$30 depending on size and number of projects). Bring only covered containers for drinking. Instructor: Marjorie Putnam (4 weeks). Class Fee: \$135

#98678 Sep 1-22 W 6:00-8:30pm

### **Glass – Roman Mosaics**

Location: Pullen Arts Center

Age: 16yrs and up. A former Italian mosaicist's apprentice, instructor Claudia Dominguez will teach students the art of mosaics! Students will learn how to create an image or pattern with an assemblage of small pieces of glass. Topics to be covered include translating a design into a mosaic and hands on experience prepping for and building your mosaic project! A supply fee of \$50 is required at the first class meeting. Class Fee: \$150

#99519 Sep 13-Oct 18 M 6:30-9:30pm

### **Holiday Cards**

Location: Greystone Community Center

Age: 16-99yrs. Using card stock, foam stickers, glitter, buttons, and paper scraps we will create Holiday cards to give and receive through the Holiday season including Christmas, Hanukkah, Winter Solstice and Kwanzaa. Class Fee: \$20

#100318 Dec 11 Sa 10:00-11:00am

### **Jewelry – Bead Stringing**

Location: Sertoma Arts Center

Age: 16yrs and up. Learn how to design and string your own necklace, bracelet and earring set using fresh water pearls, sterling silver and other semi precious stones. A \$20-25 supply fee payable to instructor, depends on what stones/beads you select. Instructor: Marla Ainspan. Class Fee: \$40

#98372 Oct 13, 20 W 6:30-9:30pm

### **Jewelry – Beginning Metal**

Location: Pullen Arts Center

Age: 16yrs and up. Design and construct earrings, pins, pendants, charms, or other small objects and tokens in this basic metal working class. Students will learn to saw, file, hammer, and solder wire and sheet metals to create individual projects. Students purchase silver for projects (orders taken first class, approx. \$25). Instructor: Betty McKim, Megan Clark, Amy Veatch, or Julia Cozart (6 weeks). Class Fee: \$96

#98596 Sep 8-Oct 13 W 10:00am-12:30pm

#98594 Sep 14-Oct 19 T 10:00am-12:30pm

#98595 Sep 8-Oct 13 W 7:00-9:30pm

#98597 Sep 27-Nov 1 M 7:00-9:30pm

### **Jewelry – Embellishment and Die Forming**

Location: Pullen Arts Center

Age: 16yrs and up. Create a pendant or earrings using surface embellishment and die forming. We will use a simple etching process that will result in the creation of etched brass plates that can be used for roll printing silver. Die forming with the hydraulic press will add dimension to our jewelry pieces. We will use Kum-boo (a Korean gold foil overlay technique) to embellish our pieces. Basic skills required. (2 sessions) Instructor: Kathryn Osgood. Class Fee: \$120

#99248 Sep 18-19 Sa-Su 9:00am-4:00pm

### **Jewelry – Hydraulic Press Class**

Location: Pullen Arts Center

Age: 16yrs and up. Learn how to emboss, raise metal, and make hollow forms while maintaining surface embellishment. Prerequisite: Beginning Jewelry at Pullen Arts. Silver ordered first class (approx. \$25). Instructor: Amy Veatch. 6 weeks. Class Fee: \$96

#98603 Oct 15-Nov 19 F 10:00am-12:30pm

### **Jewelry – Metal Continuing**

Location: Pullen Arts Center

Age: 16yrs and up. Continue to expand your skills working independently and on assigned projects to further your knowledge of jewelry techniques. Explore methods of stone setting and hollow form construction. Silver supplies ordered first class (approx. \$25). Prerequisite: Beginning Metal Jewelry at Pullen Arts. Instructor: Betty McKim, Megan Clark, or Amy Veatch (6 weeks). Class Fee: \$96

#98598 Oct 26-Dec 7 T 10:00am-12:30pm

#98599 Oct 27-Dec 8 W 7:00-9:30pm

#98600 Nov 15-Dec 20 M 7:00-9:30pm

### **Jewelry – Open Studio**

Location: Pullen Arts Center

Age: 16yrs and up. This class is for the moderately experienced metalsmith who wants to spend studio time with the aid of a knowledgeable instructor. You can design and fabricate your ideas in silver, copper, brass, gold or gold bi-metal, or finish up an existing project. Prerequisite Beginning Metals at Pullen. The instructor will assist you with design, texture, soldering, bezel setting and most other simple techniques. Instructor: Lillian Jones (6 weeks). Class Fee: \$112

#98602 Oct 5-Nov 9 T 6:30-9:30pm

### **Jewelry – Perfect Opposites Hydraulic Press Workshop**

Location: Pullen Arts Center

Age: 16yrs and up. The hydraulic press is an awesome tool with so many possibilities. In this workshop we will cover the basics of designing and making matrix dies, a variety of texture techniques as well as discussing some unconventional ways to create pieces using the press. The project will be to create two pieces (rings, pendants, brooch, etc) that are very different while using the same die. We will discuss putting our tools to the best uses as well as finding cool tools in unexpected places. Basic soldering skills are required. Instructor: Erica Stankwytych Bailey (2 days). Class Fee: \$120

#98935 Oct 16-17 Sa-Su 9:00am-4:00pm

### **Jewelry – Stone Setting**

Location: Pullen Arts Center

Age: 16yrs and up. In this workshop students will learn the basic technique of flush setting faceted stones. You will make your own setting tool out of steel, and have the opportunity to expand your jewelry possibilities with flush settings! Prerequisite: Continuing Jewelry. Supply list provided. Instructor: Megan Clark (2 sessions). Class Fee: \$125

#98601 Dec 11-12 Sa-Su 9:00am-4:00pm

### **Jewelry – Three Easy Chains**

Location: Sertoma Arts Center

Age: 14yrs and up. Students will learn three styles of chains in this three hours workshop. You will assemble a sterling silver Byzantine bracelet and learn the art of forming a double ring chain and a box (square) chain. Examples of chains are on display at Sertoma Arts Center. Tools: flat-nose and needle-nose pliers. Materials: approximately 200 Sterling silver, 3.5mm

**To see a world in a grain of sand,  
and a heaven in a wildflower...hold infinity in the  
palm of your hand, and eternity in an hour.** William Blake

jump rings. You may bring your own supplies or purchase them from instructor. Instructor, Prep Maynard. Class Fee: \$36  
#98370 Nov 20 Sa 10:30am-1:30pm  
#98371 Oct 27 W 6:30-9:30pm

### Jewelry – Tool Making Workshop

Location: Pullen Arts Center  
Age: 16yrs and up. This workshop will consist of making chasing tools and chisels. We will touch on what each tool does. Most of the time will be spent making the tools. Each person should be able to make 5-15 tools. Limited to 8 students. Stock for making tools will be bought from instructor at approx. 50 cents each. Tim Lazure instructs. (2 sessions). Class Fee: \$120  
#98932 Nov 13-14 Sa-Su 9:00am-4:00pm

### Jewelry – Wire Wrap

Location: Sertoma Arts Center  
Age: 16yrs and up. Students will create five sterling silver projects in this class. Samples of projects are on display at Sertoma Arts Center. Materials can be purchased locally or from the instructor. Tools: flat-nosed, needle-nose, round-nose, and cutter pliers, pin vise, masking tape, magic marker. We will be using Sterling Silver Square wire 20 gauge, half hard and 20 gauge 55 half round, half hardwire students may bring their own supplies. Instructor, Prep Maynard. Class Fee: \$64  
#98368 Sep 17-Oct 22 F 10:30am-1:00pm  
#98369 Nov 10-Dec 15 W 6:00-9:00pm

### Mat Cutting – Mat Cutting Basics

Location: Sertoma Arts Center  
Age: 16yrs and up. This class is for those wishing to learn basic mat design and cutting. This class will qualify you to use the center's C&H professional mat cutter, paper cutter and shrink wrapping equipment. In addition image mounting preparatory to framing and shrink wrapping will be covered. The student will design and cut a single mat during the class. Instruction will also be provided for designing and cutting of double mats. The student should bring a photo or artwork to mat in class (no larger than 11"x14"). Student must bring their own mat board and foam core large enough to mat their art at least once. Glen Wells instructs. Class Fee: \$28  
#98363 Sep 21 T 6:00-9:00pm  
#98364 Oct 13 W 6:00-9:00pm  
#98365 Nov 11 Th 6:00-9:00pm  
#98366 Dec 7 T 12:30-3:30pm

### Mom's Morning Out – Jewelry Creation Workshops!

Location: Millbrook Exchange Community Ctr  
Age: 16yrs and up. Attention Moms! Make a little time for yourself and go home with pretty, handmade jewelry! Join instructor Christine Sadel on the first Tuesday morning of each month for a one-hour jewelry workshop. Each month there will be a different theme and project focus. From pearls and beads to stones and crystals,

Christine will have lots of materials from which to choose. Basic techniques and terminology will be covered. She will supply all tools needed, so all you need to do is show up! In addition the class registration fee, expect to pay about \$5-10 to the instructor for jewelry materials. You can see Christine's work by visiting: christinabellabeads.com. Class Fee: \$15

#### Basic Beadwork –

##### Matching Necklace and Earrings Set

#100460 Sep 7 T 10:15-11:15am

#### Fall Flare –

##### Make Jewelry to Complement Your Fall Wardrobe!

#100465 Oct 5 T 10:15-11:15am

#### Intermediate Bead Stringing –

##### The Double Strand Necklace

#100466 Nov 2 T 10:15-11:15am

#### Holiday Gifts – Make Five Pairs of Earrings!

#100478 Dec 7 T 10:15-11:15am

### Music – Guitar Lessons

Location: Barwell Road Community Center  
Age: 13yrs and up. Learn the basics of guitar from acoustic, electric or bass. Students will learn the fundamentals of the guitar by studying theory and chords in a one on one session with teacher Kirk Adam. Students must bring their own guitar and if you have an electric guitar bring a small amplifier. Print materials will be provided by the instructor. Class Fee: \$45  
#100137 Sep 7-28 T 6:30-7:00pm  
#100138 Sep 7-28 T 7:00-7:30pm  
#100146 Sep 7-28 T 7:30-8:00pm  
#100139 Oct 5-26 T 6:30-7:00pm  
#100140 Oct 5-26 T 7:00-7:30pm  
#100141 Oct 5-26 T 7:30-8:00pm  
#100142 Nov 4-Dec 2 Th 6:30-7:00pm  
#100144 Nov 4-Dec 2 Th 7:00-7:30pm  
#100145 Nov 4-Dec 2 Th 7:30-8:00pm

### Painting – Acrylic Beginning

Location: Pullen Arts Center  
Age: 16yrs and up. Learn the versatility of acrylic painting while exploring composition, color, and the many techniques of this 'plastic paint.' Continuing students can work on their own with personal instruction. Students bring in their own materials, supply list provided. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$85  
#98604 Sep 14-Oct 19 T 7:00-9:30pm

### Painting – Advanced

Location: Pullen Arts Center  
Age: 16yrs and up. So you have been painting for a while and have reached a plateau where you just do not know what to do to get the next level. Or maybe you have had to take a break from painting due to other life priorities and need to brush up on your skills. This class is for the painter who is familiar with their medium and is trying to clearly express themselves through the application of paint. Painters work independently and the class sessions provide individual and class critiques, as well as lectures on other artists and painting concepts. Previous painting experience is required. Students furnish their own supplies.

Class limit: 12 students. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$90

#98608 Sep 13-Oct 18 M 1:00-4:00pm  
#98609 Sep 8-Oct 13 W 9:30am-12:30pm  
#98610 Sep 9-Oct 14 Th 9:30am-12:30pm  
#98611 Nov 1-Dec 6 M 1:00-4:00pm  
#98612 Oct 27-Dec 8 W 9:30am-12:30pm  
#98607 Oct 21-Dec 9 Th 9:30am-12:30pm

### Painting – Adventures in Watercolor

Location: Sertoma Arts Center  
Age: 16yrs and up. Explore all the essential watercolor basics and the 'rules' and 'no-rules' of watercolor. Gain confidence in using this incredible medium. Learn what you need to know to paint beautiful watercolors, while creating several no-stress paintings in class. This class is for beginners and those who want to strengthen their skills. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructor, Laura Azzi. Class Fee: \$84  
#98317 Sep 15-Oct 20 W 1:00-3:30pm  
#98318 Nov 10-Dec 15 W 1:00-3:30pm

### Painting – Basic Watercolor

Location: Millbrook Exchange Community Ctr  
Age: 18yrs and up. With a spontaneous spirit of intuition and improvisation, this beginner-level watercolor experience will not only be fun but will also teach you the importance of color theory, application techniques, and composition. The class is not only designed to help 'build' success in your paintings by understanding your materials, but will also help you get control of this unpredictable medium. If you are an 'absolute beginner' or someone with some experience but felt they were only 'making a mess', this course is meant to get you on your own personal track and to also help you explore different options in your approach to painting. Supplies list will be given upon registration for this 6 week course. Instructor: Leslie Pruneau. Class Fee: \$85  
#99184 Sep 14-Oct 19 T 10:30am-1:00pm

### Painting – Beginning Acrylics

Location: Sertoma Arts Center  
Age: 15yrs and up. This basic class offers students a gentle introduction to acrylic painting or a reintroduction to basic concepts, with a focus on getting started. Students will work from life using simple still-life arrangements, from their own photos, or their imagination. Students will learn about materials, color mixing, shape, and perspective. Informal lessons, paint-along demonstrations will assist as you learn at your own pace. Supply list will be provided. Instructor: Larry Dean. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Larry Dean instructs. Class Fee: \$84  
#98326 Sep 14-Oct 19 T 1:00-3:30pm

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Adult Arts continued —

### Painting – Beginning Oils

Location: Pullen Arts Center

Age: 16yrs and up. This class will explore the versatility of oil painting techniques as well as use and care of materials. Students will focus on color, composition and texture as they reflect on famous artists' works as references. Students bring in their own materials, supply list provided. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$85  
#98605 Sep 8-Oct 13 W 7:00-9:30pm

### Painting – Beginning Painting

Location: Sertoma Arts Center

Age: 16yrs and up. This beginning class offers students a gentle introduction to painting or a reintroduction to basic concepts, with a focus on getting started. Students will work from life using simple still-life arrangements, from their own photos, or imagination. Students will learn about materials, color mixing, shape, and perspective. Informal lessons, paint-along demonstrations will assist as you learn at your own pace. Students may work in acrylics, or traditional oil paints. Instructor: Stephen Hyde (summer 10) Larry Dean (fall 10). Class Fee: \$84  
#98325 Sep 14-Oct 19 T 6:30-9:00pm

### Painting – Beginning Watercolor, Groundwork for Adventure

Location: Pullen Arts Center

Age: 16yrs and up. Students will learn the basic skills of watercolor painting that create it's colorful and glowing effects. Properties of paints, paper, and brushes. Wet and dry techniques, washes, glazes and traditional methods of developing a watercolor painting will be demonstrated and practiced. An understanding of how pigment and water work along with emphasis on specific brush skills will allow students to confidently paint. Skills learned will include: use of color wheel, how values work, the importance of leaving your whites, mixing bright colors, neutrals, and darks. Students provide their own supplies, supply list included. Instructor: Rick Bennett (6 weeks). Class Fee: \$85  
#98924 Sep 16-Oct 21 Th 7:00-9:30pm

### Painting – Continuing Oils

Location: Pullen Arts Center

Age: 16yrs and up. This class is for those who have some prior experience working with oil paints. Students will further explore oil painting techniques and will be encouraged to develop their own style. Personal instruction and critiques will help strengthen skills. Framing and exhibiting work will also be discussed. Students bring in their own materials, supply list provided. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$85  
#98606 Oct 27-Dec 8 W 7:00-9:30pm

### Painting – Continuing Acrylics

Location: Sertoma Arts Center

Age: 16yrs and up. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works in progress. Instructions will include more about about color mixing, shape, and perspective. Informal advice will assist as you learn at your own pace. Subjects covered range from selecting a subject to varnishing the finished work. Supply list will be provided. Instructor: Larry Dean Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructor: Larry Dean. Class Fee: \$84  
#98328 Nov 9-Dec 14 T 1:00-3:30pm

### Painting – Continuing Painting

Location: Sertoma Arts Center

Age: 16yrs and up. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works in progress. Instructions will include more about about color mixing, shape, and perspective. Informal advice, paint-along demonstrations will assist as you learn at your own pace. Subjects covered go from selecting a subject to varnishing the finished work. Students may work in acrylics, or oil paints. Instructor: Larry Dean. Class Fee: \$84  
#98329 Nov 9-Dec 14 T 6:30-9:00pm

### Painting – Encaustic

Location: Pullen Arts Center

Age: 16yrs and up. Come paint with wax! Explore encaustic painting, an ancient medium in this beginner level class. Learn to scrape, incise, stencil, and paint to create imagery. Also try out using wax as part of a mixed media piece. Some painting or drawing experience necessary. Instructor: Anna Podris. Class Fee: \$100  
#99297 Oct 27-Dec 8 W 7:00-9:30pm

### Painting – Exploring Abstract Painting

Location: Pullen Arts Center

Age: 16yrs and up. Whirl, spin, throw, splatter, pop! How do they get all those paint strokes to equal an abstract painting that works? We will explore these concepts in this fun abstract painting class. Learn what techniques used together create a dynamic abstract, or dynamic background for a representational paintings. We'll go over composition, values, hues, tones, shapes, and color combinations. No prior experience required. You'll take home a finished abstract or two! Instructor will provide supplies for \$10 supply fee. Instructor: Rebecca Rousseau (1 day). Class Fee: \$35  
#98934 Dec 4 Sa 10:00am-2:30pm

### Painting – Expressive Painting

Location: Pullen Arts Center

Age: 16yrs and up. Use acrylic or oil paint as a vehicle for personal expression. In this class students will explore their own

choice of subject matter. Class will focus on working in a series, layering and use of personal imagery. Students will provide their own subjects and direction for their paintings, with instructor offering feedback, critique and examples from his works. Students will furnish own supplies. Instructor: Keith Norval (6 weeks). Class Fee: \$90  
#98929 Sep 7-Oct 12 T 10:00am-1:00pm

### Painting – Impressionistic Landscapes

Location: Pullen Arts Center

Age: 16yrs and up. The students will learn and use the Impressionist's palette and soft application of paint to create colorful landscapes. Acrylic paint will be used to express your artistic vision and to represent your favorite landscape. You will learn color mixing, choosing colors that work well together, paint application methods, creating texture, and other basic painting techniques that will aid in making fun and exciting paintings. By the end of this class you will have developed a one-of-a-kind completed work of art that will be ready to display. Instructor will provide supplies for \$10 supply fee. Instructor: Rebecca Rousseau (1 day). Class Fee: \$35  
#98933 Dec 18 Sa 10:00am-2:30pm

### Painting – Intermediate Watercolor

Location: Sertoma Arts Center

Age: 16yrs and up. This class is for those students who have mastered the basics of watercolor and want to explore further. Each class covers techniques used by the pros including color theory and composition! Students are encouraged to bring in projects of their own design, as this will also be a critique class. Each section is unique and does not require that you take one before the other. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructor, Laura Azzi. Class Fee: \$84

salt, Serand wrap, alcohol, palette knife, and sponge work

#98321 Sep 13-Oct 18 M 10:00am-12:30pm

H20 pencils, pastels and opaque paints, light, sandpaper and ink

#98322 Nov 15-Dec 20 M 10:00am-12:30pm

### Painting – Introduction to China Painting

Location: Pullen Arts Center

Age: 16yrs and up. Learn the delightful art of porcelain painting. This beginning class takes you step-by-step through the process of creating a unique hand-painted piece of porcelain. Create an heirloom as you learn this old art that is now experiencing a revival. Unlike ceramics, porcelain painting uses oil based paints over glazed china. You will love the amount of color and detail that can be achieved. No experience is necessary; if you can write your name, you can paint porcelain. Lynn Patton instructs. Supply fee of \$10 payable to the instructor at first class. Class Fee: \$104  
#99280 Sep 23-Oct 7 Th 6:00-9:00pm

### Painting – Modern Abstract and Color Field

Location: Pullen Arts Center  
Age: 16yrs and up. Create and express yourself through color and texture as Instructor Kirk Adam works with artists of all levels to loosen up and enjoy a non-traditional, non-academic approach to Modern Abstracts and Color Fields. Kirk Adam is known for being a colorist and for his 'Jasporatoria' series of paintings worldwide. The class studies famous artists such as Mark Rothko, Kenneth Noland, Robert Motherwell, Frank Stella, Joan Miro, and Willem de Kooning. Students bring in their own materials, supply list available. Instructor: Kirk Adam (6 weeks). Class Fee: \$85  
#99256 Nov 9-Dec 14 T 7:00-9:30pm

### Painting – Open Studio

Location: Pullen Arts Center  
Age: 16yrs and up. This is an uninstructed open studio environment where students work on their own projects. Students may paint in oils, acrylics or watercolors. Bring a subject to paint if you wish. Students provide their own materials. (4 weeks). Class Fee: \$36  
#98616 Sep 27-Oct 18 M 9:30am-12:30pm  
#98617 Oct 25-Nov 15 M 9:30am-12:30pm  
#98615 Nov 22-Dec 13 M 9:30am-12:30pm  
#98618 Dec 20-Jan 10 M 9:30am-12:30pm  
#98923 Jan 24-Feb 14 M 9:30am-12:30pm

### Painting – Painting Studio Continuing

Location: Pullen Arts Center  
Age: 16yrs and up. This class is for any continuing painter with some experience or someone who needs a refresher. Students may work independently from photos or drawings, or from subjects within the studio such as still lifes and interiors. We will challenge the 'picture plane,' the 'palette,' and the 'approach,' while building confidence in your technique. Students bring their own supplies. Instructor: Leslie Pruneau (6 weeks). Class Fee: \$85  
#98931 Nov 2-Dec 7 T 7:00-9:30pm

### Painting – Painting Without Fear

Location: Sertoma Arts Center  
Age: 16yrs and up. This beginning painting course will give students basic techniques and familiarity with the materials for painting with acrylics. Loosen up and let the paint do the talking, creating paintings from photographs that have the freshness of plein air. Larry will demonstrate how to exaggerate the color in a photograph and to apply a bright underpainting in acrylic. We will explore subjects using photography as a useful tool. Emphasis will be on color mixing, perspective, color choices, editing and composition. Step-by-step projects will lead to surprising results in an atmosphere of fun and discovery. Students should come to class with a selection of photos. Lots of individual attention will be provided. Supply

list will be provided. Instructor: Larry Dean.  
Class Fee: \$84  
#98323 Sep 16-Oct 21 Th 6:30-9:00pm  
#98324 Nov 11-Dec 16 Th 6:30-9:00pm

### Painting – Pop Art Painting

Location: Pullen Arts Center  
Age: 16yrs and up. Create your images inspired by popular culture using sketches, personal imagery, comics, and fine art paintings as inspiration. Students will work on a series of oil or acrylic paintings. Emphasis will be on using a series of paintings to explore your personal voice/vision. Classes will include demonstrations and time to work and receive feedback from the instructor. Students provide their own subjects and direction for their paintings, with instructor offering feedback critique and examples of his own work. Students provide their own supplies. Instructor: Keith Norval (6 weeks). Class Fee: \$90  
#98936 Oct 26-Dec 7 T 10:00am-1:00pm

### Painting – Watercolor II, Achieving The Next Level

Location: Pullen Arts Center  
Age: 16yrs and up. Intermediate and advanced students will refine and learn new brush skills to allow them to paint with confidence, achieve glowing colors and rich darks. Three major styles of developing a watercolor painting: Quick Sketch, Layered Approach and Sectional Development will be explored and practiced. Methods of developing a successful painting with consideration of composition, developing the space, value, light and shadow and atmosphere will be discussed. Abstract painting will be used to develop gestural brush strokes, looser style and methods of mixing colors on the paper. Students will be encouraged to identify skills they want to work on and given assistance with problem areas. Students provide their own supplies. Supply list included. Instructor: Rick Bennett (6 weeks). Class Fee: \$85  
#98925 Oct 28-Dec 9 Th 7:00-9:30pm

### Painting – En Plein Air

Age: 16yrs and up. French Impressionist painters such as Monet, Pissarro, and Renoir advocated en plein air painting, and much of their work was done outdoors. We'll meet downtown Raleigh. Participants bring their own supplies. Instructor will be available for feedback and critique. Intermittent and seasoned students only. Instructor: Kirk Adam. Class Fee: \$15  
#100291 Sep 25 Sa 10:00am-1:00pm  
#100315 Oct 9 Sa 10:00am-1:00pm

### Painting – Open Watercolor Studio

Location: Sertoma Arts Center  
Age: 16yrs and up. If you want to take your work to the next level, this class is designed to encourage the watercolor painter with basic knowledge and beyond. This is a studio environment where students work

on their own projects, taking their skills to the next level. This is an opportunity to have individual attention as well as group discussion of a body of work. The instructor provides guidance in landscape, architecture and flower painting. This is not a portrait class. Students provide their own materials. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructor, Laura Azzi. Class Fee: \$84

#98319 Sep 15-Oct 20 W 6:30-9:00pm  
#98320 Nov 10-Dec 15 W 6:30-9:00pm

### Painting – Modern Abstract

Location: Barwell Road Community Center  
Age: 16yrs and up. Create and express yourself through color and texture as Instructor Kirk Adam works with artists of all levels to loosen up and enjoy a non-traditional, non-academic approach to abstracts. Kirk Adam is known for being a colorist and for his 'Jasporatoria' series of paintings worldwide. The class studies famous artists such as Mark Rothko, Kenneth Noland, Robert Motherwell, Frank Stella, Joan Miro, and Willem de Kooning. Students bring in their own supplies, supply list available at registration. Instructor: Kirk Adam. Class Fee: \$65  
#100133 Oct 25-Nov 29 M 7:00-8:30pm

### Paper – German Christmas Papercutting

Location: Pullen Arts Center  
Age: 16yrs and up. Learn the basics of 'Scherenschnitte' or German paper cutting. You'll complete at least one cutting and take home several more to work on. Great technique for special holiday cards! Supply fee approx \$2 payable at class. Instructor: Sharon Petrides (1 session). Class Fee: \$10  
#99490 Dec 9 Th 7:00-9:00pm  
#99491 Dec 16 Th 7:00-9:00pm

### Paper – Make It In Paper

Location: Pullen Arts Center  
Age: 13yrs and up. From cards to gift boxes in beautiful papers, we will cut, score, and fold a wide variety of designs for every occasion. Supplies included. Instructor: Anne Terry (3 sessions). Class Fee: \$33  
#100457 Oct 16-30 Sa 11:00am-1:00pm

### Photography – Beginning Darkroom

Location: Sertoma Arts Center  
Age: 16yrs and up. Learn how to process black and white film and print your own pictures. Printing processes, composition, and shooting techniques are explored. Students will need their own 35mm or medium format camera. Upon completion of first four classes, students become eligible to purchase a darkroom studio card. Students must attend first class. Instructor will inform students of specific supplies. Includes all chemicals Instructor: Jennifer Lawrence. Class Fee: \$105  
#98403 Sep 14-Oct 19 T 6:30-9:00pm

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### **Photography – Boot Camp Week 1 Exposure**

Location: Sertoma Arts Center

Age: 16yrs and up. The first step in learning photography is to understand exposure. In essence, we need to capture the right amount of light for the right length of time and at the right speed. In this class, you will learn basic photography to make sure you understand how to make a correct exposure. How to use your shutter speeds, f/stops (aperture) and ISO in conjunction with the correct white balance to create properly exposed images every time. Instructor, Roylee Duvall. Class Fee: \$35  
#98398 Sep 1 W 7:00-9:30pm

### **Photography – Boot Camp Week 2 Composition**

Location: Sertoma Arts Center

Age: 16yrs and up. Once you've learned to make a good exposure you need to understand arrangement or commonly referred to as Composition. You will learn how to compose your images in such a way that your viewers will be captivated and you'll be able to command their interest. We'll discuss ways of improving your images so you can truly take them from being snapshots to being real photographs. Instructor, Roylee Duvall. Class Fee: \$35  
#98399 Sep 22 W 7:00-9:30pm

### **Photography – Boot Camp Week 3: The Camera**

Location: Sertoma Arts Center

Age: 16yrs. and up. Now that you've got an understanding of how you want to compose your images and how to get the proper exposure, you need to get more familiar with the camera and all of it's parts. We will discuss how to handle your camera correctly so you'll be able to capture those shots you want before they get away, and about keeping your camera safe from harm and functioning for a long time to come. Instructor, Roylee Duvall. Class Fee: \$35  
#98400 Sep 29 W 7:00-9:30pm

### **Photography – Boot Camp Week 4: Flash and Light Metering**

Location: Sertoma Arts Center

Age: 16yrs and up. Now that you know how to use your camera, compose your images, and handle your camera well enough to get it all done. It's time to get the exposure you want with the available light, and how to use flash to illuminate your subject or to supplement to available light. Students will spend time metering their light to be sure their getting a proper exposure. Instructor, Roylee Duvall. Class Fee: \$35  
#98401 Oct 6 W 7:00-9:30pm

### **Photography – Boot Camp Weeks 5-7: Day/Night Photo Excursion**

Location: Sertoma Arts Center

Age: 16yrs and up. This course will take place at Sertoma and various locations

around Raleigh for shooting. Emphasis of the class will be on evaluating existing lighting situations and exposing accordingly. Supplemental lighting possibilities will also be demonstrated. (BRING: DSLR or 35mm or Medium format camera, film, tripod, cable release or digital remote) Additional fees may occur depending on shooting location determined by class vote. Classes 6 and 7 are off site to be determined in the first class. Instructor, Roylee Duvall. Class Fee: \$80  
#98402 Oct 13-27 W 7:00-9:30pm

### **Photography – Intermediate Darkroom**

Location: Sertoma Arts Center

Age: 16yrs and up. A 6-week class designed for anyone with basic darkroom skills who would like to advance to the next level. Emphasis will be on creating a new body of work consisting of images that are related in a meaningful way. The bulk of the class will be spent on supervised printing with breaks for critique and troubleshooting. (Bring: B&W negatives and photographic paper chemicals included) Students must attend first class. Instructor, Jennifer Lawrence. Class Fee: \$105  
#98404 Nov 9-Dec 14 T 6:30-9:00pm

### **Photography – My Digital Camera: Friend or Foe?**

Location: Sertoma Arts Center

Age: 14yrs and up. Are you ready to ditch that new digital SLR or point and shoot? Don't re-gift it! This class will teach you all the basics of your camera. Bring your own digital camera, manuals and questions to the first class and learn the ins and outs of your cameras. Instructor, Roylee Duvall. Class Fee: \$35  
#98397 Nov 3 W 7:00-9:30pm

### **Photography – Outdoor Nature Photography**

Location: Sertoma Arts Center

Age: 13yrs and up. Are you looking to expand your capabilities with you digital or film camera? In addition to learning how to compose images in an outdoor setting, this class will help increase comfort level with you equipment. Class will include a shooting session and it is appropriate for beginning and intermediate level photographers. Optional Shooting Session: date and location TBD; location entrance fee may be required. Instructor, Sol Levine. Class Fee: \$98  
#98405 Sep 16-Oct 7 Th 6:30-8:30pm

### **Photography – Photographing Your Artwork**

Location: Pullen Arts Center

Age: 16yrs and up. This course is perfect for any artist (stone, metal, clay, mixed media, fiber, jeweler, photographer, glass, knitter, stitchery, weaving, sewing, paper, etc.) who owns a DSLR or a Point and Shoot (PS) camera with Aperture priority and Manual settings and wants to photograph their art for submissions, websites or other reasons. Students must be willing to learn how to use

their cameras in Aperture priority and Manual modes, which will be a primary part of this course. PS cameras will have less capability than DSLRs for the purpose of this class. In addition to standard professional gear, we will strive to use relatively inexpensive means and equipment to achieve superior results. Upon completion, students will know how to set up and use lights, diffusers, reflectors, light tents and more. Depth of field (DoF) and basic macro photography will also be covered. This is a demonstration-oriented class with a lottery-based hands-on segment and Q&A. Instructor: Ted Salamone (1 session). Class Fee: \$50  
#98938 Nov 13 Sa 10:00am-4:00pm

### **Photography – Portfolio Prep-Artwork Photography**

Location: Sertoma Arts Center

Age: 16yrs and up. This class will be focused on lighting, metering and getting photographs to look like what you painted or sculpted with the use of studio lighting. Students will learn how to properly set up, light and take professional-quality digital photographs of their two-dimensional and three-dimensional artwork. Students should bring a piece of artwork to photograph (frames ok, no glass). Students must have a Digital camera that can be set for manual settings off program modes, a tripod, and their camera manual. Instructor, Roylee Duvall. Class Fee: \$70  
#98396 Nov 10-17 W 7:00-9:30pm

### **Photography – CRITIQUE is Not a Four Letter Word!**

Location: Barwell Road Community Center

Age: 17yrs and up. With anything you do, feedback from your peers helps you become better. This class will be a two part session. The first will give you the tools for how to look at your photographs objectively and to see what you did right and what you can improve upon. In the second class, you will bring images (digital files or unframed prints) to class to share with the group. In a positive and constructive way, we'll discuss your images to help you make more. Photographer Patrick Day instructs. Class Fee: \$45  
#99587 Nov 3-10 W 6:30-8:30pm

### **Photography: Now What – After the Picture**

Location: Barwell Road Community Center

Age: 17yrs and up. Taking photographs is fun but it is only half of the process. What do you do when you get home and are ready to download the pictures? This course will show you techniques for downloading images; best practices for naming and managing your pictures; and how best to protect your files from computer failures. After you have put the pictures on your computer, now what? PRINTING and SHARING! We'll go over ways to output your images optimally for your printer, a print service (i.e. Costco or WalMart), as well as

upload them to your online accounts (i.e. Facebook, Flickr, Picasa, etc.). Patrick Day instructs. Class Fee: \$25  
 #99586 Oct 24 Su 2:00-4:00pm

### Photography: Advanced – Beyond Exposure

Location: Barwell Road Community Center  
 Age: 17yrs and up. You understand the basics of photography, now you want to explore new and different techniques. This class will give you an understanding and enough knowledge to create new and creative photographs. We will discuss how to create panoramic, HDR (High Dynamic Range), and macro images. We will also look at action, night, flash, and tripod shooting. Attendees should have a working knowledge of their camera and basic understanding of photographic theory (ISO/Aperture/Time, Depth of Field, etc.). Reference handouts will be provided. Class Fee: \$45  
 #99571 Sep 25 Sa 10:00am-1:00pm

### Photography: Intermediate – Taking Better Photographs

Location: Barwell Road Community Center  
 Age: 17yrs and up. Have you ever seen a photograph and thought 'how did they do that?' This class teaches you the concepts of making better photographs by understanding theory behind the camera settings. We will explore topics such as proper exposure, depth of field (areas of sharp focus/out of focus), white balance (removing color tinges from photos), cropping and composition. This class is designed to complement the Intro to Photography, but that class is not a pre-requisite. No camera required and reference handouts will be provided. Class is taught by Patrick Day. Class Fee: \$45  
 #99568 Sep 15-22 W 6:30-7:30pm

### Photography: Introduction to Photography – Camera 101

Location: Barwell Road Community Center  
 Age: 17yrs and up. Have you just purchased a camera and have no idea what to do? Do you always keep your settings on Auto? What is that flashing light and what is the camera telling me? This class will answer those questions and whether you're using a point-and-shoot or a DSLR. We'll show you how to feel confident with your camera and go beyond Auto. Bring your camera and questions! Handouts will also be provided. Class Fee: \$45  
 #99562 Sep 11 Sa 10:00am-1:00pm

### Photography: Photoshopping Your Art

Location: Pullen Arts Center  
 Age: 16yrs and up. The follow-on class to Photographing Your Art, this class teaches students how to properly prepare images of their artwork for submission to juried shows, online display and other forms of reproduction. Students will learn to adjust white balance, correct for over- and underexposure, remove dust and remove digital noise and artifacts. They will also

learn how to crop and straighten images, fix cosmetic issues, and correct contrast and color saturation. Instructor: Ted Salamone (1 session). Class Fee: \$50  
 #99012 Dec 4 Sa 10:00am-4:00pm

### Photography: Tabletop Photography

Location: Barwell Road Community Center  
 Age: 17yrs and up. Looking to sell your 'Stuff' on eBay? Do you have flowers, figurines, models, or other three dimensional art that you want to photograph well? Using simple techniques and equipment you probably already have around the house, create professional looking images. This is a hands on class, so bring your camera, a tripod (if you have one), and one item that you want to photograph. Patrick Day instructs this class. Class Fee: \$45  
 #99585 Oct 23 Sa 10:00am-12:30pm

### Photography – Mini Workshop 1: Camera Raw Basics

Location: Sertoma Arts Center  
 Age: 16yrs and up. Students will learn about the basics of Adobe Camera Raw (ACR) as found in Photoshop CS 'X', Lightroom and Photoshop Elements. We will explore the interface and customize the basic settings to match your preferences and workflow. We will cover the basic tools, learn how to read the histogram, and how to correctly update the ACR version to match the different Raw formats in newer cameras. Students will learn to set temperature, correct tint and white balance; sharpen and remove noise; add fill light and recover overexposed images, among other topics Instructor, Theodore Salamone. Class Fee: \$35  
 #98377 Sep 13 M 6:30-9:00pm

### Photography – Mini Workshop 2: Camera Raw Advance

Location: Sertoma Arts Center  
 Age: 16yrs and up. Students will learn how to adjust tone response curves to increase or lessen contrast, manage sharpening and noise reduction for luminance and color values, adjust Hue and Saturation values, create grayscale B&W images, and apply split toning effects to enhance creativity. Enrollees will also learn to remove chromatic aberration and vignetting, or even apply vignetting as an artistic tool. We will also explore camera calibration for specific cameras, the use of presets for faster, more accurate processing and the advantages and drawbacks of Adobe's DNG format. Instructor, Theodore Salamone. Class Fee: \$35  
 #98378 Sep 20 M 6:30-9:00pm

### Photography – Mini Workshop 3: High Dynamic Range Basics

Location: Sertoma Arts Center  
 Age: 16yrs and up. Students will learn what HDR photography is and its uses in Fine Art, Architecture, Products and Advertising. We will learn how to shoot HDR correctly, with hands-on practice in the class. Instructor, Theodore Salamone. Class Fee: \$35  
 #98381 Sep 27 M 6:30-9:00pm

### Photography – Mini Workshop 4: High Dynamic Range Advance

Location: Sertoma Arts Center  
 Age: 16yrs and up. Students will learn how to use several HDR programs, ranging from the features in Photoshop through Dynamic Photo HDR and Photomatix Pro, to name a few. We will explore the differences between tonal compression, detail and exposure blending. Faux HDR methods will also be illustrated. Instructor, Theodore Salamone. Class Fee: \$35  
 #98391 Oct 4 M 6:30-9:00pm

### Photography – Mini Workshop 5: Layers and Masks Basics

Location: Sertoma Arts Center  
 Age: 16yrs and up. Students will learn the basics capabilities of layers, smart objects, and masks. This class will allow you to begin unleashing the true power of Photoshop, enhancing your creativity and broadening your editing skills. Instructor, Theodore Salamone. Class Fee: \$35  
 #98392 Oct 11 M 6:30-9:00pm

### Photography – Mini Workshop 6: Layers and Masks Advance

Location: Sertoma Arts Center  
 Age: 16yrs and up. Students will learn advanced layer and masking techniques such as clipping masks, easy ways to place images within text, neutral density dodge and burn masks, blending modes and more. This is a tour de force demonstration of Photoshop's core creative features. Instructor, Theodore Salamone. Class Fee: \$35  
 #98393 Oct 18 M 6:30-9:00pm

### Photography – Mini Workshop 7: Painting with Light

Location: Sertoma Arts Center  
 Age: 16yrs and up. We will create some amazing images with the use of flash units and other sources of light—white and multi-colored. We will outline items, selectively light areas, practice light-writing and find more creative ways to add fun and excitement to low light / night photography. This is a hands-on experience. Instructor, Theodore Salamone. Class Fee: \$35  
 #98394 Oct 25 M 6:30-9:00pm

### Photography – Mini Workshop 8: Product Photography

Location: Sertoma Arts Center  
 Age: 16yrs and up. Learn how to achieve professional product photography results without spending thousands on expensive strobes and softboxes. Using inexpensive, readily available items, plus your advanced point and shoot camera or DSLR and a tripod, you will learn how to photograph items such jewelry, glassware, general products, coins, paintings, clothing and more. This is a hands-on learning experience. Instructor, Theodore Salamone. Class Fee: \$35  
 #98395 Nov 1 M 6:30-9:00pm

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### Photography – Photo Retouching Workshop

Location: Barwell Road Community Center  
Age: 15yrs and up. do you have photographs that have lost their color or acquired scratches over the years? Learn how to retouch these precious images in this class. Participants, lead by instructor Lori Jones, will learn how to scan images and use Photoshop Elements to adjust color and removes imperfections. Class Fee: \$55  
#99148 Sep 19-26 Su 2:00-4:00pm

### Pottery – Advance Handbuilding – Plates, Bowls, Serving Dishes

Location: Sertoma Arts Center  
Age: 16yrs. and up. This class will focus on slab-built tableware and provides the knowledge needed to set your table with your own artwork. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. This class is for intermediate to advanced pottery students and does not include glazing. Get materials handout at registration for needed tools and supplies. Prerequisite handbuilding class at Sertoma or Pullen Arts Center. 6 sessions. Alice DeLisle instructs. Class Fee: \$95  
#98410 Sep 15-Oct 20 W 6:00-9:00pm

### Pottery – Beginning Wheel

Location: Pullen Arts Center  
Age: 16yrs and up. Wheel thrown pottery is one of our most popular classes! Demonstrations will focus on the fundamentals of basic wheel thrown pottery. Projects will teach skills such as wedging, sticking and centering clay on the wheel, use of throwing tools, along with glazing techniques. Instructors offer individual attention as skill progression is unique to each person. Supply fee of approx. \$18 (for clay) payable at first class. Instructors: Sherry Nicholson (Mondays); Doug DeBastiani (Tuesdays); Laurie Knopp (Wednesdays); Gaines Bailey (Thursdays). (7 weeks). Class Fee: \$91  
#98669 Sep 7-Oct 19 T 7:00-9:30pm  
#98670 Sep 1-Oct 13 W 7:00-9:30pm  
#98671 Sep 13-Oct 25 M 10:00am-12:30pm  
#98673 Oct 28-Dec 16 Th 7:00-9:30pm  
#98672 Nov 1-Dec 13 M 7:00-9:30pm

### Pottery – Beloved Orbs Workshop

Location: Pullen Arts Center  
Age: 16yrs and up. Imagine a workshop where you create a vessel you absolutely LOVE! REALLY! You will be given an orb clay vessel and learn the 'Beloved' Art method of altering the form and adding additions of clay creating a vessel of empowerment and personal representation. Learn step-by-step how to create and evoke emotion and mold movement in clay by altering and adding clay. This workshop will include visual examples, demonstration, refreshments, and

one-on-one instruction to assist you in truly making a vessel you'll love. Bring pictures of your favorite things (people, animals, objects) to the workshop. Supply fee of \$18 for supplied clay orb and additional clay for attachments. Instructor: Cheryl Weisz. Class Fee: \$82  
#99290 Nov 13 Sa 11:30am-4:00pm

### Pottery – Bowlathon

Location: Pullen Arts Center  
Age: 16yrs and up. We are going to make a lot of bowls! This class will cover a variety of purposes, sizes, forms, and techniques for making bowls. From soup to serving and from dip to dough mixing, you will learn the skills to make all of the bowls you need! A supply fee of \$18 (for clay) will be collected the first night of class. Class Fee: \$70  
#99255 Sep 16-Oct 14 Th 7:00-9:30pm

### Pottery – Cone 6 Reduction Firing Workshop With Ronan Peterson

Location: Pullen Arts Center  
Age: 16yrs and up. We will explore the world of reduction firing in this workshop which is geared towards introducing the less common target temperature of cone 6. Firing to cone 6 in reduction as opposed to the cone 9-10 temperature goal, offers many positive possibilities. Cone 10 glazes such as shinos, celadons, and temokus come out great with very little difference. In studios that fire to cone 6 in oxidizing electric kilns, there is already a large palette to fire in a reduction firing which yields different and very often exciting results. In studios geared towards cone 6 electric firing, adding a cone 6 reduction option actually simplifies the studios glaze palette and clay body needs. Basic glaze chemistry will be discussed as well as different approaches and techniques for glaze application. The workshop will last over two weekends. Students bring bisqueware to the September 18 meeting, and have the two weeks in between to glaze and prepare their work for the October 1 firing. Instructor: Ronan Kyle Peterson. Class Fee: \$170  
#99079 Sep 18-19 Sa-Su 10:00am-4:00pm  
Oct 1 F 9:00am-7:00pm  
Oct 3 Su 1:00pm-4:00pm

### Pottery – Continuing Handbuilding

Location: Pullen Arts Center  
Age: 16yrs and up. Continue on with your handbuilding calling! During this class, we will build upon the techniques you learned in your beginning class. We will learn methods of stiff slab construction, assemblage of parts and using the extruder to explore the possibilities of form and function in handbuilding. Demonstrations will also include handbuilding components like handles, feet and spouts. We'll finish with tips and secrets regarding the embellishment and glazing of your pieces. Bring all of your questions and ideas! Supply fee of approx. \$18 (for clay) payable at first

class. Prerequisite: Beginning Handbuilding Techniques at Pullen Arts Center or Sertoma Arts Center or Clay Studio Orientation course at Pullen Arts. Instructors: Jennifer Stas (Wednesday) and Tim Cherry (Monday) (6 weeks). Class Fee: \$81  
#99026 Nov 3-Dec 15 W 7:00-9:30pm

### Pottery – Continuing Wheel

Location: Pullen Arts Center  
Age: 16yrs and up. Learn how to apply confidence and steadiness to your work with clay. Cylinders, bowls, small lidded pieces, small plates and handles will be covered. Supply fee of approx. \$18 (for clay) payable at first class. Prerequisite: Beginning Wheel at Pullen or Sertoma or Clay Studio Orientation course at Pullen Arts. Practice time outside of class time is strongly suggested to develop throwing skills. Instructor: Laurie Knopp (7 weeks). Class Fee: \$91  
#98676 Oct 27-Dec 15 W 7:00-9:30pm  
#98677 Nov 2-Dec 14 T 7:00-9:30pm

### Pottery – Handbuilding Techniques Intro

Location: Pullen Arts Center  
Age: 16yrs and up. Expand your possibilities with clay! If you can imagine it, you can build it with clay! We will cover the basics of hand building with clay. We will talk about the entire process of working with clay, from creating a piece to glazing and firing it. Course will include an introduction to the slab roller and other hand building tools. Supply fee of approx. \$18 (for clay) payable at first class. Instructors: Jennifer Stas (Wednesday) and Tim Cherry (Monday) (6 weeks). Class Fee: \$81  
#99023 Sep 8-Oct 13 W 7:00-9:30pm  
#99024 Nov 8-Dec 13 M 10:00am-12:30pm

### Pottery – Handbuilding: Beginning

Location: Sertoma Arts Center  
Age: 16yrs and up. This class explores techniques including pinching, coils and slabs, including an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than 2 classes and must attend the first class and the glazing class (approx. 5 week), in order to qualify for a studio card. Students will purchase materials at first class (approx. \$42). All skill levels welcome! Instructor, Ali Sobel-Read. Class Fee: \$95  
#98408 Sep 20-Nov 1 M 6:30-8:45pm  
#98409 Sep 23-Nov 4 Th 10:30am-12:45pm

### Pottery – New and Better Pottery Glazing

Location: Pullen Arts Center  
Age: 16yrs and up. Tired of the same ol' single-dipped, glazed pots? Pullen's glaze pallet is bigger and more exciting than you can imagine! Participants will learn which

combinations of glazes are safe, which ones run, which ones to put on first, and which don't work at all together. Three glazing techniques will be the focus of this class series: 'painterly glazing,' 'stained glass glazing,' and 'combination dipping.' Please have ready at least three objects that are bisque fired and ready for glazing using the cone 6 clay (purchased from Pullen) for electric firing. Supply list included in confirmation. Class Fee: \$65  
#99258 Sep 10-24 F 10:00am-12:30pm

### Pottery – Pottery Medley

Location: Pullen Arts Center  
Age: 16yrs and up. Fun handles, altered rims, and striped glazes—that's what's happening in this exciting class! Explore a variety of styles for your functional pots. Prerequisite: Beginning Wheel at Pullen or Sertoma. A supply fee of \$18 (for clay) is due at the first class. Anne Terry instructs. Class Fee: \$55  
#99285 Sep 27-Oct 11 M 7:00-9:30pm

### Pottery – Textured Table and Kitchenware

Location: Pullen Arts Center  
Age: 16yrs and up. In this handbuilding class, we will be making and using stamps and other tools and materials to embellish our pots with textures. Supply fee of approx. \$18 (for clay) payable at first class. Prerequisite: Beginning Handbuilding Techniques at Pullen Arts Center or Sertoma Arts Center or Clay Studio Orientation course at Pullen Arts. Instructor: Tim Cherry (6 weeks). Class Fee: \$81  
#98961 Sep 27-Nov 1 M 7:00-9:30pm

### Pottery – Wheel Throwing: Beginner

Location: Sertoma Arts Center  
Age: 16yrs and up. This course introduces students to the basics of 'throwing' pottery, provides them with an understanding of ceramic terms, processes, and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles, and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approx. 6th week), in order to qualify for a studio card. Purchase materials at first class (approx. \$40). Instructor: Tina Granville. Class Fee: \$95  
#98406 Sep 15-Oct 27 W 10:30am-12:45pm  
#98407 Sep 16-Oct 28 Th 6:30-8:45pm

### Pottery – Ceramics for the Wall

Location: Sertoma Arts Center  
Age: 16yrs and up. Are you intrigued by a possibility of hanging your ceramic pieces on the wall? In this class we will focus on creating ceramics that can be

displayed on walls. We will be working on simple tiles and plates as well as more complicated 3-D forms like clocks, wall vases, scones and possibly wall sculptural pieces. We will explore how to plan, design, make, mount and safely hang ceramic pieces. Great emphasis will be on surface treatments—slips, carving and glazing issues will be covered. This class is suitable for all skill levels of wheel throwing and hand building. Prerequisite: Beginner Wheel or Handbuilding at Sertoma or Pullen Art Center. 6 sessions. Sasha Bakaric instructs. Class Fee: \$84  
#98412 Sep 14-Oct 19 T 10:30am-12:30pm

### Pottery – Decorative Techniques

Location: Sertoma Arts Center  
Age: 16yrs and up. Are you ready to go beyond the glaze bucket? If you are frustrated by lack of ideas for finishing your pieces then this is the class for you. We will explore various ceramic techniques: carving, adding sprigs, stamping, using shellac, colored slips and terra sigillatas and inlaying colored clays. All techniques are suitable for applications on both wheel thrown and hand built pieces but for efficiency and speed in the class we will mostly work on tiles that we will roll out during the first class. This class is suitable for all skill levels of wheel throwing and hand building. Prerequisite: Beginner Wheel or Beginner Handbuilding at Sertoma or Pullen Art Center. \$5 materials fee payable to instructor at class. 6 weeks. Sasha Bakaric instructs. Class Fee: \$84  
#98411 Nov 2-Dec 14 T 10:30am-12:30pm  
no class Nov 23

### Pottery – Kitchen Utility Pieces

Location: Sertoma Arts Center  
Age: 16yrs and up. This class will focus on making functional pieces on the wheel for use in the kitchen to aid in food preparation and storage. Projects include colanders, mixing bowls, garlic jars, and other kitchen utility pieces. Class sessions will begin with a throwing demonstration on the project for the week, with time for student practice under the guidance of the instructor. Each session will also include demonstrations on trimming and finishing the selected project. Students must be proficient in throwing (not beginners). Prerequisite: Beginner, Continuing or Intermediate Wheel at Sertoma or Pullen Art Center. 4 sessions. Class skips November 22. Instructor, Tina Granville. Class Fee: \$60  
#98413 Nov 1-22 M 10:30am-12:45pm

### Pottery – Landscape Imagery in Clay

Location: Sertoma Arts Center  
Age: 16yrs and up. Timothy Cherry constructs relief tiles from clay and other materials to be used as stamps on his hand built pottery. In this workshop he will demonstrate the techniques he uses to make his textured tiles of landscapes. While this is a demonstration workshop, students are

urged to bring their clay tools as well as sketches, photographs, or other sources of landscapes to begin designing tiles of their own. All levels of potters are encouraged to take this workshop. Prerequisite: Qualified pottery studio user from Sertoma or Pullen Arts Centers. Class Fee: \$40  
#98414 Oct 16 Sa 10:30am-2:30pm

### Printmaking – Drypoint: Direct Intaglio

Location: Pullen Arts Center  
Age: 16yrs and up. Drypoint is a non-acid intaglio technique where marks are made directly on plates, inked and then printed on an etching press. The mark of a drypoint can be identified by a characteristically rich and velvety line. In this course we'll explore a variety of tools and techniques as well as cover proper inking and printing procedures. A great printmaking technique for artists of all levels and backgrounds. Instructor: Susan Martin. Class Fee: \$80  
#99296 Oct 21 Th 7:00-9:00pm  
Oct 23-24 Sa-Su 9:00am-4:00pm

### Printmaking – Introduction

Location: Pullen Arts Center  
Age: 16yrs and up. Learn the printmaking techniques of intaglio and relief to print your own greeting cards, posters, collographs, drypoints and linoleum block prints. Use the Pullen Arts Center's Whelan printing press to pull your one of a kind or series of prints. We will study different techniques to add color, registration methods, ink choices, and pulling the perfect print! Supply list provided. Approx. \$30-\$50 for supplies. Instructor: Keith Norval (6 weeks). Class Fee: \$80  
#98930 Oct 28-Dec 9 Th 7:00-9:30pm

### Printmaking – Making Marks

Location: Pullen Arts Center  
Age: 16yrs and up. In this course we will introduce several traditional ways to make marks with intaglio printmaking. Topics will include hard ground and soft ground etching as well as direct methods such as drypoint. Also included will be instruction on correct inking and printing procedures and discussions on editioning. Instructor: Susan Martin. Class Fee: \$80  
#99294 Sep 15-Oct 20 W 7:00-9:30pm

### Printmaking – Making More Marks

Location: Pullen Arts Center  
Age: 16yrs and up. This course is for the student with some prior intaglio printmaking experience. We will look more in-depth at direct and indirect intaglio methods (using grounds, etchants and tools) while introducing color etching techniques. Topics will include multiple plate printing and registration issues. We'll also look at contemporary examples of how intaglio techniques are being used today. Instructor: Susan Martin. Class Fee: \$80  
#99295 Nov 3-Dec 15 W 7:00-9:30pm

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### Printmaking – Monoprinting Introduction

Location: Pullen Arts Center

Age: 16yrs and up. Create painterly, one-of-a-kind works of art using Pullen Arts' professional press! Achieve the effects of monoprinting that are not possible in any other medium. This class will take an experimental approach in covering the beginning techniques of additive and subtractive monoprinting. We will create monoprints from found images as well as from our own drawings. The class will culminate in a print exchange. Supply List provided. Instructor: Anna Podris (6 weeks). Class Fee: \$80

#98926 Sep 7-Oct 12 T 7:00-9:30pm

### Printmaking – Screen Print

Location: Pullen Arts Center

Age: 16yrs and up. If you want to make your own t-shirts, this is the class for you. Get your screens, ink and squeegee ready. We will cover applying emulsion, exposing the screen and printing techniques. Supply list provided. Instructor: Keith Norval (5 weeks). Class Fee: \$80

#98927 Sep 9-Oct 14 Th 6:30-9:00pm

### Printmaking – What A Relief: Printing With A Wood Block

Location: Pullen Arts Center

Age: 16yrs and up. One wood block, many opportunities to print—including trace monotypes, woodcuts, over-printing; then using computerized images, photos, and collage. Please call the Pullen Arts Center for a supply list. Instructor: Judy Jones. Class Fee: \$76

#99524 Nov 8-Dec 13 M 7:00-9:00pm

### Saturday Sewing – For Beginners

Location: Biltmore Hills Community Center

Age: 18-111yrs. Sewing lessons for beginners that want to learn how to read a pattern, select fabric and knowledge of sewing machines. The class project will be a tote bag. Class cost does not include material. Class Fee: \$20

#100413 Sep 11-Oct 2 Sa 12:00-1:00pm

### Sewing 101

Location: Biltmore Hills Community Center

Age: 18-111yrs. In this class you will complete an item of your choice. You will select a pattern, fabric and notions. Some knowledge of sewing required. Class cost does not include materials. Class Fee: \$30

#100454 Oct 30-Nov 20 Sa 11:00am-1:00pm

### Weaving – Floor Loom Introduction

Location: Pullen Arts Center

Age: 16yrs and up. If you've ever dreamed of weaving something for yourself or your home but thought the process would be just too complicated, this is the course for you! Receive one-on-one attention as you weave on a loom that has been warped for you! After this class, you are eligible to purchase

a studio card and reserve a loom in our studio to begin your project. No previous experience needed! Instructor: Sharon Petrides (2 sessions). Class Fee: \$49

#99444 Oct 13-20 W 7:00-9:00pm

#99441 Oct 19-21 T,Th 3:00-5:00pm

#99442 Nov 10-17 W 7:00-9:00pm

#99443 Nov 16-18 T,Th 3:00-5:00pm

### Weaving – Intro to Weaving

Location: Pullen Arts Center

Age: 16yrs and up. This is a class for the beginner wishing to gain the skills and knowledge to create their own projects on the loom. Learn to plan projects, make a warp, pattern and 'dress' the loom. Weave a simple project to complete the class. Materials fee of approx. \$10 payable during the class. To successfully complete a project, attendance at all classes is mandatory. Instructor: Sharon Petrides (5 weeks). Class Fee: \$65

#99416 Oct 18-Nov 15 M 7:00-10:00pm

### Weaving – Rug Weaving

Location: Pullen Arts Center

Age: 16yrs and up. Learn the basics of weaving on a floor loom while designing and making a woven rug! This course is appropriate for beginners as well as advanced weavers. Class Fee: \$125

#99588 Oct 30-Nov 23 T,Sa 10:00am-3:00pm

### Weaving – Weaving Felted Fashions

Location: Pullen Arts Center

Age: 16yrs and up. It's intro to weaving with a twist! After covering how to select and calculate yarn needed for a project, dressing a loom, designing a weaving draft, and weaving on a floor loom, students will learn how to felt the fabric they have woven. Discover the breadth of possibilities and extent of creativity available when you combine these techniques! No experience required. Class Fee: \$125

#99582 Sep 7-Oct 5 T 6:30-9:30pm

### Woodworking – The Art of Woodcarving

Location: Sertoma Arts Center

Age: 16yrs and up. Students will carve an animal, relief picture and learn the difference between Whittling and Woodcarving. You will challenge your artistic abilities all while learning the best techniques, wood to use and tool sharpening. Information on local woodcarving artists and shops in the area are discussed. Instructor: Fred Zinn. Class Fee: \$56

#98367 Sep 13-Oct 18 M 10:30am-12:30pm

### Workshop – Collage Open Studio

Location: Sertoma Arts Center

Age: 16yrs and up. Bring your collage piece that you are working on and get some help to finish or start a new piece of your choice. Instructor: Patsy Skinner. Class Fee: \$48

#98335 Oct 9 Sa 10:00am-2:30pm

### Workshop – Continuing Oil Pastels

Location: Sertoma Arts Center

Age: 16yrs and up. This class is perfect for people who have taken a class with Jamie and would like to expand their knowledge of working with oil pastels. You can choose to work independently or use instructor provided designs. If you would like to work on a portrait, bring in a copy of a photograph being sure that the face measures at least six inches from chin to crown of head. Wear an old shirt or bring an apron and a lunch or snack as we work through the lunch hour. All materials are provided. \$10 materials fee to Instructor. Instructor, Jamie Miller. Class Fee: \$40

#98338 Nov 6 Sa 10:30am-2:30pm

### Workshop – Oil Pastels – Florals

Location: Sertoma Arts Center

Age: 16yrs and up. Oil pastels are an exceptionally versatile medium. The delicate shading and detailed elements of painting flowers will be explored in this workshop along with layering and resist techniques. Design your own floral-scape or use instructor provided designs. Whether your style is purely realistic or imaginative you will find it surprisingly easy to create a lovely piece of art. No previous art experience is necessary to be successful in this class. Bring an old shirt or smock to class and bring a snack as we work through the lunch hour. All materials are provided. \$10 materials fee to Instructor. Instructor, Jamie Miller. Class Fee: \$40

#98337 Oct 23 Sa 10:30am-2:30pm

### Workshop – Oil Pastels Fast and Fabulous

Location: Sertoma Arts Center

Age: 16yrs and up. Oil pastels are crayons for the artist. Students are introduced to a simple resist technique using oil pastel and ink. Using professional grade materials, you will learn wonderfully creative applications. If you can color between the lines, you can create art in oil pastel. Join us for this fun workshop. Bring \$10 payable to instructor for materials. Bring a lunch or snack and an old shirt/smock. Instructor, Jamie Miller. Class Fee: \$40

#98336 Dec 11 Sa 10:30am-2:30pm

### Workshop – Watercolor Paintout!

Location: Sertoma Arts Center

Age: 16yrs and up. Learn to paint landscapes out doors (called plein air) at Shelly Lake. Experience how the sights, smells, and sounds of painting out doors change your painting by loosening the boundaries and freeing up the confinement of studio work done from photos. Let your mind go hiking in nature while your brush interprets the results. You will learn to take your basic skills of watercolor, frame a composition, simply sketch, paint a landscape, and bring home a painting created in nature. Basic watercolor experience required. Students should receive

supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructor, Laura Azzi. Class Fee: \$48  
#98339 Oct 16 Sa 9:00am-1:00pm

### Workshop – Watercolor Sampler

Location: Sertoma Arts Center  
Age: 16yrs and up. Basic Watercolor Sampler Do you want to try watercolor painting before you sign up for a whole course? Than this is the class for you! Students learn the basic brush strokes, color mixing, and applying water media paint, composition, and color theory. Come express your creative self through watercolor! Students should receive supply list upon registration. \$20 supply fee due to instructor. Students do not have to bring any supplies. Instructor, Laura Azzi. Class Fee: \$48  
#98355 Dec 10 F 9:15am-12:46pm

### Workshop – Exploring Abstract Painting

Location: Sertoma Arts Center  
Age: 16yrs and up. Whirl, spin, throw, splatter, pop! How do they get all those paint strokes to equal an abstract painting that works? We will explore these concepts in this fun abstract painting class. Learn what techniques used together create a dynamic abstract, or dynamic background for a representational painting. We'll go over composition, values, hues, tones, and shapes, and color combinations. No prior experience required. You'll take home a finish abstract or two! Bring a minimum of six acrylic paints colors, 3 sheets of 140 lb watercolor paper, and the canvases of your choice. Instructor: Rebecca Rousseau. Class Fee: \$48  
#98334 Sep 18 Sa 10:00am-2:30pm

### Workshop – Holiday Greetings in Watercolor

Location: Sertoma Arts Center  
Age: 16yrs and up. This one-day watercolor workshop will teach you how to make wonderful holiday cards using simple techniques. Tap into your imagination to create a small, simple original design. These cards are a gift themselves! Come have a wonderful time with friends and family! All skills levels welcome! Bring a lunch or snack. Students should receive supply list upon registration. \$20 supply fee to instructor students do not have to bring any supplies. Instructor, Laura Azzi. Class Fee: \$48  
#98357 Dec 4 Sa 10:00am-2:00pm

### Workshop – Impressionistic Landscapes

Location: Sertoma Arts Center  
Age: 16yrs and up. Student's will learn and use the Impressionist's palette and soft application of paint to create colorful acrylic paint landscapes. You will learn color mixing, paint application, texture and more! Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructor,

Rebecca Rousseau. Class Fee: \$48  
#98332 Oct 2 Sa 10:00am-2:30pm  
#98333 Nov 13 Sa 10:00am-2:30pm

### Workshop – SPAA Presents – Art Temptations!

Location: Sertoma Arts Center  
Age: 16yrs and up. Come, explore various media, and get a feel for an arts class before committing to a full class. Each session the talented members of the Sertoma Park Artist Association will lend their skills and knowledge by hosting a workshop sampler exploring 3 different media. Each participant will leave with a basic understanding of each media and a small project If you have been thinking about trying an art class but had some reservations now is the time to expand your imagination, and identify your artistic strengths. Supplies included. Bring a snack or lunch if you like. Class Fee: \$20  
#98362 Sep 11 Sa 10:30am-1:30pm

### Workshop – Watercolor Flowers With Ink

Location: Sertoma Arts Center  
Age: 16yrs and up. This mixed media class combines the best of both mediums, adding the sharp contrast and intricate detail of pen and ink to the vibrancy of watercolor. Use of pen and ink allows students to clarify and re-establish the drawing aspect of their paintings while building paint application skills and gaining appreciation of the visual texture created with pen and ink while focusing on flowers. No prior watercolor experience required. Contact Sertoma at 420-2329 if you do not receive your supply list. Instructor: Laura Azzi. Class Fee: \$48  
#98361 Oct 29 F 9:15am-12:45pm

## Senior

### Ballroom Dance – Wednesday Club

Location: Pullen Community Center  
Age: 55yrs and up. Dance to the music of different live bands every Wednesday evening. Weekly Admission.

### Handy Helpers Club

Location: Eastgate Park  
Age: 55yrs. and up. Knit, Crochet, Sew or Quilt for charity. We meet the 3rd Tuesday of the month from 1-4pm at Eastgate Park (4200 Quail Hollow Drive). We make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals, and homeless groups. Come join us, meet new people and help bring a little joy to those in need. We do not offer lessons but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information contact Betty Boucher at (919) 872-4156. Class Fee: \$0  
#100711 Sep 14 T 1:00-4:00pm  
#100712 Oct 19 T 1:00-4:00pm  
#100714 Nov 16 T 1:00-4:00pm  
#100713 Dec 21 T 1:00-4:30pm

### Jewelry Workshops for Seniors

Location: Millbrook Exchange Community Ctr  
Age: 55yrs and up. Whether you're looking to pick up a new hobby or you just want to create pretty jewelry for yourself, this is the class for you! In addition to teaching basic beading and wireworking techniques, instructor Christine Sadel provides the tools and jewelry materials. You just need to show up ready to create! Expect to pay instructor \$5-10 for the materials you choose. Class Fee: \$15

#### Basic Beadwork – Necklace and Earrings

#100523 Sep 7 T 11:30am-12:30pm

#### Fall Flare –

#### Make Jewelry to Compliment Your Fall Wardrobe!

#100526 Oct 5 T 11:30am-12:30pm

#### Intermediate Beading – The Double Strand Necklace

#100528 Nov 2 T 11:30am-12:30pm

#### Holiday Gifts – Make Five Pairs of Earrings!

#100531 Dec 7 T 11:30am-12:30pm

### Singing – Joyful Chorus

Location: Pullen Community Center  
Age: 55yrs and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for various clubs, organizations, groups, and events. Practices are held at Pullen Community Center. Class Fee: \$0  
#98144 Sep 13-Dec 27 M 10:00-11:00am

## Family

### Art – Juggling for Genius

Location: Method Road Community Center  
Age: 10yrs and up. Come join the only activity that has been proven to increase brain mass. Juggling can actually trigger that non-dominant side of the brain which can make you smarter and able to focus more. This course is a great stress reliever and excellent for students during test taking time. Class Fee: \$0

#99298 Sep 13-27 M 6:30-8:00pm  
#99299 Oct 4-25 M 6:30-8:00pm  
#99300 Nov 1-29 M 6:30-8:00pm  
#99301 Dec 6-27 M 6:30-8:00pm

### Clogging – Hemlock Bluff Cloggers Club

Location: Jaycee Community Center  
Age: 16yrs and up. Are you an advanced clogger? Bryan Craddock is the director of the Hemlock Bluffs Cloggers. The club performs at area functions and events. Class Fee: \$0  
#99918 Sep 2-Oct 28 Th 8:00-9:00pm  
#99919 Nov 4-Dec 23 Th 8:00-9:00pm

### Clogging – Advanced

Location: Jaycee Community Center  
Age: 10yrs and up. Looking for a clogging challenge? Give our advanced class a try. Bryan Craddock is an excellent instructor and is the director of the Hemlock Bluffs Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Class Fee: \$35  
#99908 Sep 9-Oct 28 Th 7:00-8:00pm

Family Arts continued next page —

**Clogging – Beginner**

Location: Jaycee Community Center  
Age: 16yrs and up. Come on and give Clogging a try. Bryan Craddock is an excellent instructor and director of the Hemlock Bluff Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Class Fee: \$35  
#99892 Sep 9-Oct 28 Th 6:00-7:00pm

**Dance – Scottish**

Location: Glen Eden Park  
Age: 12yrs and up. Exercise, socialize, and learn the fundamentals of Scottish country dancing through the Carolina Scottish Dance Society. While experienced dancers are welcomed, beginners are taught basic skills to become competent dancers quickly and easily. Memberships dues are \$1/person/meeting. No registration necessary. Classes are held at Glen Eden Pilot Park – 1500 Glen Eden Drive. Class Fee: \$1  
#99846 Sep 1-Dec 29 W 7:15-9:45pm

**Holiday Themed Mom and Me**

Location: Greystone Community Center  
Age: 3-5yrs. Come and enjoy quality time with your preschooler as you both participate in interactive Holiday themed mom and Me sessions. We will engage in a variety of Holiday inspired art activities at each session. Class Fee: \$15

**October Session**

#100321 Oct 11 M 10:00-11:00am

**November Session**

#100322 Nov 15 M 10:00-11:00am

**December Session**

#100323 Dec 13 M 10:00-11:00am

**Musical Theater**

Location: Sanderford Road Park  
Age: 8-99yrs. Join us for a performance theater dance class where participants learn creative movement from a theatrical perspective. Come explore some of your favorite stars and movies. See you then!  
Class Fee: \$32  
#99069 Sep 6-27 M 4:30-5:30pm  
#99070 Oct 4-25 M 4:30-5:30pm  
#99071 Nov 1-22 M 4:30-5:30pm

**Photography – Creating Family Portraits for the Holidays**

Location: Barwell Road Community Center  
Age: 17yrs and up. The Holidays are approaching fast! Are you looking to make that family portrait for that holiday card? When the in-laws are in town for that special day, do you want to save the moments the best way? With any camera, you can create posed and candid photographs that you'll be happy with for many years. This will be a lecture with take-home handouts. Patrick Day instructs. Class Fee: \$25  
#99589 Nov 14 Su 2:00-4:00pm

**Piano – Introduction**

Location: Lake Lynn Community Center  
Age: 5yrs and up. In these introductory private piano lessons, students will learn the basics

of piano playing, music note reading, chords and songs. Lesson materials are included, but students should bring their own folder and pencil. Instructor: Kathleen Gwie, BS in Music Education. Class Fee: \$100

#99569	Sep 4-Oct 2	Sa	9:30-10:00am
#99570	Sep 4-Oct 2	Sa	10:00-10:30am
#99572	Sep 4-Oct 2	Sa	10:30-11:00am
#99573	Sep 4-Oct 2	Sa	11:00-11:30am
#99574	Sep 4-Oct 2	Sa	11:30am-12:00pm
#99576	Oct 16-Nov 20	Sa	9:30-10:00am
#99577	Oct 16-Nov 20	Sa	10:00-10:30am
#99578	Oct 16-Nov 20	Sa	10:30-11:00am
#99579	Oct 16-Nov 20	Sa	11:00-11:30am
#99580	Oct 16-Nov 20	Sa	11:30am-12:00pm

**Printmaking – Screen Printing Introduction**

Location: Method Road Community Center  
Age: 8yrs and up. Using existing designs, students will learn how to pull inks on tee shirts, papers, canvas tote bags, and other textiles resulting in really cool pieces of art. Students should bring their own supplies. Supply List provided. Instructor: Kirk Adam. Class Fee: \$50  
#100455 Oct 23 Sa 10:00am-12:00pm  
#100456 Nov 13 Sa 10:00am-12:00pm

**Athletic Teams/Leagues****Youth****Basketball – Girls Fall League**

Location: Method Road Community Center  
Age: 9-13yrs. Method Community Center and the Garner Athletic Association Flames Basketball has teamed up to provide young ladies with basketball skill development on all levels, self confidence, self esteem and organized team play with healthy competition. All games will be on Saturday mornings/afternoons. Class Fee: \$37  
#100459 Sep 11-Oct 9 Sa 11:00am-3:00pm

**District A Youth Basketball**

The athletic department in coordination with the community centers offers basketball for ages 5-18. Registration is October 4-15, 2010. League age is determined by the age of the participant as of March 31, 2011. Class Fee: \$30

#99017	Boys/Girls: Ages 5-6
#99018	Boys/Girls: Ages 7-8
#99019	Boys: Ages 9-10
#99020	Girls: Ages 9-10
#99015	Boys: Ages 11-12
#99016	Girls: Ages 11-12
#99021	Boys: Ages 13-14

**District B Youth Basketball**

Age: 5-14yrs. The athletic department in coordination with the community centers offers basketball for ages 5-18. All participants must have proof of insurance and birth verification. League age is

determined by the age of the participant as of March 31, 2011. Class Fee: \$30

**Boys and Girls Ages 5-6**

#99038 Oct 19-Jan 8 T,Sa 6:00-7:00pm

**Boys and Girls Ages 7-8**

#99034 Oct 19-Jan 22 T,Sa 7:00-8:00pm

**Boys Ages 9-10**

#99033 Oct 18-Jan 8 M-Sa 6:00-8:00pm

**Girls Ages 9-10**

#99035 Oct 18-Jan 8 M-Sa 7:30-10:00pm

**Boys Ages 11-12**

#99036 Oct 18-Jan 8 M-Sa 6:00-9:00pm

**Girls Ages 11-12**

#99037 Oct 18-Jan 8 M-Sa 6:00-9:00pm

**Boys Ages 13-14**

#99039 Nov 15-Feb 5 M-Sa 6:00-10:00pm

**District C Youth Basketball**

Age: 5-6yrs. Youth league basketball for ages 5-14 is held in District C which includes Jaycee Center, Method Center and Laurel Hills Center. Registration for all ages (5-18) is October 4-15, 2010. League age is participant's age as of March 31, 2011. Proof of insurance and a copy of birth certificate must accompany registration. Class Fee: \$30

**District C Pee Wee Ages 5-6**

#99009 Dec 4-Feb 24 T,Th,Sa 9:00am-3:00pm

**District C Mini Mite Ages 7-8**

#99008 Dec 4-Feb 24 T,Th,Sa 9:00am-3:00pm

**District C Boys Mitey Mite Ages 9-10**

#99007 Dec 4-Feb 24 T,Th,Sa 9:00am-3:00pm

**District C Girls Mitey Mite Ages 9-10**

#99005 Dec 4-Feb 24 T,Th,Sa 9:00am-3:00pm

**District C Little League Boys Ages 11-12**

#99006 Dec 4-Feb 24 T,Th,Sa 9:00am-3:00pm

**District C Little League Girls Ages 11-12**

#99004 Dec 4-Feb 24 T,Th,Sa 9:00am-3:00pm

**District C Junior League Boys Ages 13-14**

#99010 Jan 4-Feb 26 T,Th,Sa 6:00-9:00pm

**District D Youth Basketball**

Location: Multiple Sites  
Youth basketball league for ages 5-18 offered in conjunction with the City of Raleigh Athletic Department. District D consists of Biltmore Hills, Barwell Road, Carolina Pines, Chavis, Halifax, Ralph Campbell, Peach Road, Roberts, Sgt Courtney T. Johnson, Tarboro Road, Walnut Terrace and Worthdale. Contact local community centers or check RECLINK for age cut off dates. Proof of insurance and a copy of birth certificate must accompany registration. Registration dates: September 28-October 9 Start dates are subject to change. Class Fee: \$30

**District D Pee Wee Basketball**

#99076 Dec 13-Feb 19 M,Sa 6:00-8:00pm

**District D Mini Mite Basketball**

#99072 Dec 13-Feb 5 M,Sa 6:00-8:00pm

**District D Mitey Mite Boys Basketball**

#99078 Nov 9-Jan 29 T,Sa 6:00-8:00pm

**District D Mitey Mite Girls**

#99073 Dec 4-Jan 29 Sa 12:00-1:00pm

**District D Boys Little League**

#99075 Dec 16-Mar 26 Th,Sa 6:00-10:00pm

**District D Girls Little League**

#99074 Dec 4-Jan 29 Sa 1:00-2:00pm

**District D Boys Junior League**

#99077 Dec 14-Mar 24 T,Th 6:00-10:00pm

Youth Athletics continued on page 46 —



The true  
object of all  
human life  
is to play.

G.K. Chesterton

Youth Athletics continued from page 44

### Football – Touch Football League

Location: Williams Park

Age: 5-6yrs. An introduction to the game of football, skills, fundamentals and sportsmanship will be taught to the beginning athlete. League is offered to children ages 5-6 (age is as of July 31, 2010). All games and practices will be held at Williams Park in northwest Raleigh and will primarily be held on Saturdays, starting in September and ending in November. Registration fees include a shirt. Registration will be held August 30-September 3 at Lake Lynn Community Center. Class Fee: \$36 #98629

### Youth Basketball 2010

Age: 5-16yrs. Registration dates for youth basketball are October 4 until full (the last day of registration will be October 15, 2010 if space is available). Leagues are offered for the following ages: 5-6, 7-8, 9-10, 11-12, 13-14 Boys, 13-15 girls 15-16 boys, 17-18 boys. All participants must provide a copy of birth verification. League age is determined by the age of the participant on March 31, 2011. Class Fee: \$30

#### Boys Ages 15-16 District A and B

#98154 Nov 15-Mar 6 M,W,Sa,Su 6:00-10:00pm

#### Boys Ages 15-16 District C and D

#98151 Nov 16-Mar 6 T,Th,Su 6:00-9:00pm

#### Boys Basketball 17-18

#98153 Nov 30-Mar 12 T,Th,Sa 6:00-10:00pm

#### Girls 13-15 Basketball

#98152 Nov 30-Mar 8 T 6:00-10:00pm

## Adult

### Adult 4-on-4 Flag Football

Location: City Parks

Age: 18yrs and up. The athletics division will be offering 4-on-4 Flag Football registration from September 13-16 at 2401 Wade Avenue in Jaycee Park from 8:30am-6pm. The registration fee is \$200 per team. Games will begin the end of September. Class Fee: \$200  
#98202 Sep 27-Nov 12 M-F 6:00-10:00pm

### Adult Basketball

Location: City Parks

Age: 18yrs and up. The athletics division will be offering Adult Basketball. Registration will be held from October 18-21 for Open, Closed, Church and Womens teams. Games will start mid-November. The cost is \$400/team and \$24/participant for any non-city players. The season consists of 10 games. Class Fee: \$400

#### Basketball

#98203 Nov 16-Jan 10 M-Th 7:00-10:00pm

#### Adult Basketball Tournament

#98204 Nov 16-Jan 10 M-Th 7:00-10:00pm

### Adult KickBall League

Location: City Parks

Age: 18yrs and up. The athletics division is offering adult kickball registration from Monday, September 13-16 at 2401 Wade Avenue in Jaycee Park from 8:30am-6pm. Games will begin the week of September 27th. For more information please contact 831-6836. Class Fee: \$300

#### Adult Fall Kickball

#98201 Sep 27-Nov 4 M-Th 5:30-11:00pm

### Basketball – 30 and Over

Location: Green Road Community Center

Age: 30yrs and up. This basketball league designed for people over the age of 30 and still wanting to play organized basketball. Teams are encouraged to join. Registration will be held Aug 16-29. Games will be played in September and October. Class Fee: \$400  
#99029 Sep 14-Oct 21 T,Th 7:00-9:00am



## Educational

## Preschool

### Baby Sign Me

Location: Laurel Hills Community Center

Age: 10-18mos. American sign language is the base of this class which is taught to the parent and infant to improve communication and help lessen frustration. Instructor: Bettie Ittenbach. Class Fee: \$35  
#98944 Oct 6-27 W 11:30am-12:00pm

### Computer – It's a Small World

Location: Barwell Road Community Center

Age: 3-5yrs. Guess what we discover under the microscope? Together we will explore a whole new world of learning and excitement. Using a child-friendly digital microscope, students will explore the concepts of magnification, science, nature study and digital editing. Class taught by Computer Explorers. Class Fee: \$36  
#99702 Sep 7-28 T 10:00-11:00am

### Fairytale Land

Location: Greystone Community Center

Age: 3-5yrs. Get ready to jump into Fairytale Land for 60 minutes of adventure. Participants will create a craft project and/or food project that reflect the moral in the story. This will be a high energy program and participants will only be sitting still long enough to create their project. Class Fee: \$40

#98564	Sep 6-27	M	2:00-3:00pm
#98565	Oct 4-25	M	2:00-3:00pm
#98566	Nov 1-22	M	2:00-3:00pm
#98567	Dec 6-27	M	2:00-3:00pm

### It's Spanish Time!

Location: Laurel Hills Community Center

Age: 3-5yrs. Children will explore the beautiful language of Spanish through word association and play. Instructor: Yavanya McLean. Class Fee: \$35  
#98990 Sep 6-27 M 10:00-11:00am  
#98991 Oct 4-25 M 10:00-11:00am  
#98992 Nov 1-22 M 10:00-11:00am  
#98993 Dec 6-27 M 10:00-11:00am

### Kidstime Play School

Location: Optimist Community Center

Age: 3-5yrs. Kidstime Play School is designed to help children prepare for school relationships, learning skills such as sharing, being polite, playing and learning in a group. We play, sing, read and learn numbers, letters, and sounds. Crafts, songs and games are used to teach about science, health and much more. All children must be potty trained. This program will meet Monday-Friday. Parents have the option of enrolling their child in either the Monday, Wednesday and Friday Program or in the Tuesday and Thursday Program. Please call

919-870-2880 for more information. Class Fee: \$30

#### Session 1 M/W/F

#100937 Sep 1-Oct 25 M,W,F 10:00am-12:30pm

#### Session 1 T/TH

#100936 Sep 2-Oct 26 T,Th 10:00am-12:30pm

#### Session 2 M/W/F

#100943 Oct 27-Dec 20 M,W,F 10:00am-12:30pm

#### Session 2 T/TH

#100944 Oct 26-Dec 16 T,Th 10:00am-12:30pm

### Leap Into Learning

Location: Greystone Community Center

Age: 3-5yrs. This is a perfect stepping stone from being at home to going off to a full day of school. We will learn basic skills including, numbers, letters, colors, shapes, music, art and other fundamentals necessary to succeed in Kindergarten.

Each class participants will enjoy circle time, center time, play time and snack. We will also teach children skills such as sharing, manners, hygiene and group participation. The best part is that this 3 hour class will allow participants to engage in social activities and interactive play without realizing how much they are learning along the way. All children must be potty trained. All children will need to bring a snack and drink each day. Class Fee: \$210

#### Monday/Wednesday/Friday Session \$210

#98450 Sep 6-Oct 1 M,W,F 9:15am-12:15pm

#98452 Oct 4-29 M,W,F 9:15am-12:15pm

#98454 Nov 1-26 M,W,F 9:15am-12:15pm

#98456 Dec 6-31 M,W,F 9:15am-12:15pm

### Learn Spanish With Dora

Location: Greystone Community Center

Age: 3-5yrs. This program is designed to introduce basic Spanish and/or basic English to participants. Our highly trained staff will use every child's favorite Spanish speaking friends—Dora and Diego—to expand their vocabulary in both English and Spanish. Participants will do new and exciting things each week including, craft projects, adventures, songs, food projects, manners, hygiene and much more while learning a new language and culture. Sign up today this class will fill quickly! Class Fee: \$40

#98551 Sep 8-29 W 2:00-3:00pm

#98552 Oct 6-27 W 2:00-3:00pm

#98553 Nov 3-24 W 2:00-3:00pm

#98554 Dec 1-22 W 2:00-3:00pm

### Math Madness

Location: Greystone Community Center

Age: 3-5yrs. Use your imagination and creativity while learning all about numbers, shapes, colors, matching, counting and so much more! Kids will love this quick paced play program and will learn so much as they go! Class Fee: \$40

#98568 Sep 9-30 Th 2:00-3:00pm

#98569 Oct 7-28 Th 2:00-3:00pm

#98570 Nov 4-25 Th 2:00-3:00pm

#98571 Dec 2-23 Th 2:00-3:00pm

### Moms and Tots Leap into Learning

Location: Greystone Community Center

Age: 20-24mos. Quality time for moms and tots to have fun together and learn at the same time! During this session moms and tots will color pictures, sing songs, do craft projects, dance and play games. This is a stepping stone to our Leap Into Learning program.

#### 20-24 months (class fee: \$35)

#98693 Sep 7-30 T,Th 9:15-10:00am

#98694 Oct 5-28 T,Th 9:15-10:00am

#98695 Nov 2-25 T,Th 9:15-10:00am

#98696 Dec 7-30 T,Th 9:15-10:00am

#### 24-36 months (class fee: \$40)

#98697 Sep 7-30 T,Th 10:15-11:15am

#98698 Oct 5-28 T,Th 10:15-11:15am

#98699 Nov 2-25 T,Th 10:15-11:15am

#98700 Dec 7-30 T,Th 10:15-11:15am

### Mother's Day Out

Location: Marsh Creek Park

Age: 3-5yrs. Mother's take time out for themselves while their children learn through active play. Children should bring a lunch. All children need to be potty trained.

Instructor: Miss Kittey, Early Childhood

Credentials. Class Fee: \$35

#99668 Sep 7-28 T 10:00am-1:00pm

#99669 Oct 5-26 T 10:00am-1:00pm

#99670 Nov 2-30 T 10:00am-1:00pm

#99671 Dec 7-28 T 10:00am-1:00pm

### Science Exploration

Location: Greystone Community Center

Age: 3-5yrs. We will explore the wonder full world of science by learning about the topic being studied that session and do a project or experiment to reflect the topic of the class. Each session a new theme is discussed.

Be sure to check our schedule below for the different themes being offered. This class will be high energy with a lot of motion and movement. Class Fee: \$40

#### Animals

#98572 Sep 7-28 T 2:00-3:00pm

#### Mad Scientist

#98573 Oct 5-26 T 2:00-3:00pm

#### Creeepy Crawlies

#98574 Nov 9-30 T 2:00-3:00pm

#### Shapes of the Universe

#98575 Dec 7-28 T 2:00-3:00pm

## Youth

### Community Afterschool Programs

Location: Multiple

Age: 5-12yrs. The Community Afterschool Program is being offered at several local Community Centers for children K-6th grade following the Wake County Traditional school calendar. This program is designed to offer recreation activities, homework assistance, and arts and crafts. For registration information contact your local community center. Class Fee: \$0

#### Biltmore

#99526 Aug 25-Dec 21 M-F 3:00-6:00pm

#### Carolina Pines

#99527 Aug 25-Dec 21 M-F 3:00-6:00pm

#### CAPSH

#99528 Aug 25-Dec 21 M-F 3:00-6:00pm

#### CAPSPR

#99530 Aug 25-Dec 21 M-F 4:00-7:00pm

#99536 Aug 25-Dec 21 M-F 3:00-6:00pm

#### CAPSWT

#99532 Aug 25-Jan 25 M-Th 3:00-6:00pm

#### CAPSTAR

#99534 Aug 25-Dec 21 M-F 3:00-6:00pm

#### CAPSWD

#99535 Aug 25-Dec 21 M-F 3:00-6:00pm

### Computer Ease One

Location: Worthdale Community Center

Age: 8-14yrs. Do you want to learn how to use the computer but don't know how? Learn the skills you will need to know to operate the computer with proficiency.

Computer Ease I is an introduction class for patrons without any knowledge about computers. Class Fee: \$2.50

#100078 Sep 13 M 5:00-6:00pm

#100079 Sep 20 M 5:00-6:00pm

#100080 Sep 27 M 5:00-6:00pm

#100081 Oct 4 M 5:00-6:00pm

### Computer – Clay Animation

Location: Barwell Road Community Center

Age: 9-13yrs. Clay and animation—what a perfect combination! Working in teams, students do it all—from story creation to making the characters and sets. As they learn the production process, they will animate, record, download, assemble and edit their own movies. Fun, learning and excitement go hand-in-hand in this class. Class is taught by Computer Explorers. Class Fee: \$179

#99703 Oct 12-Nov 16 T 6:00-8:00pm

### Computer – Let's Do Robotics!

Location: Barwell Road Community Center

Age: 6-8yrs. Yes, We CAN learn about Robotics! With the LEGO® WeDo Robotics System, young children can build and program robotic creations. Designed by the experts at MIT, this unique system teaches children about simple machines, engineering, programming and so much more. Young imaginations soar! Class taught by Computer Explorers. Class Fee: \$199

#99722 Oct 9-Nov 13 Sa 9:00-11:00am

### Computer – Video Game Animation

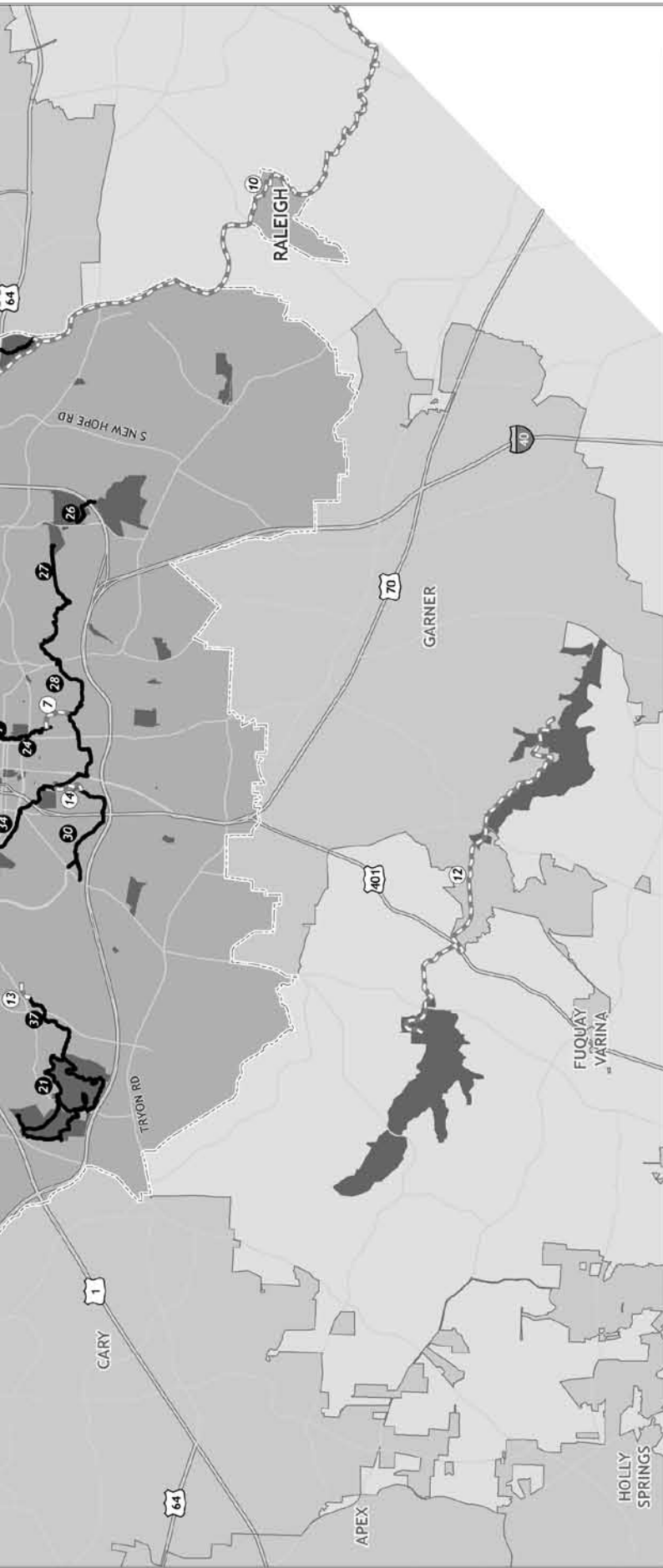
Location: Barwell Road Community Center

Age: 9-12yrs. Students dive into the world of video game animation by creating characters that dance, sing and interact with one another. Sound effects and music clips are added to create a dynamic video animation game using Scratch, the innovative programming language created just for kids by the MIT Media Lab. Creativity rules in this fun version of video game design! Class taught by Computer Explorers. Class Fee: \$149

#99699 Sep 4-25 Sa 9:00-11:00am

Youth Educational continued on page 50 —





10/01/2009

## Existing Greenway Trails

#	Trail	Distance
1	Alleghany Trail	3.0 miles
2	Bailewick Trail	0.6 miles
3	Beaver Dam Trail	0.9 miles
4	Bent Creek Trail	1.1 miles
5	Brentwood Trail	0.8 miles
6	Buckeye Trail	2.5 miles
7	Chavis Way	0.3 miles
8	Crabtree Valley Trail	1.7 miles
9	Crabtree-Oak Park Trail	1.6 miles
10	Durant Connector Trail	0.4 miles
11	Durant Trail	1.7 miles
12	Fallon Creek Trail	0.5 miles
13	Falls River Connector Trail	0.6 miles
14	Falls River Trail	1.3 miles
15	Gardner Street Trail	0.7 miles
16	Glen Eden Park	< 0.1 miles
17	Hare Snipe Creek Trail	0.5 miles
18	Honeycutt Creek Trail	0.6 miles
19	Inman Connector Trail	0.2 miles
20	Ironwood Trail	1.8 miles
21	Lake Johnson Trail	5.6 miles
22	Lake Lynn Trail	2.8 miles
23	Lake Park Trail	0.6 miles
24	Little Rock Trail	0.8 miles
25	Loblolly Trail	3.1 miles

## Planned Greenway Trails

#	Trail	Distance
1	Bent Creek Trail	1.7 miles
2	Crabtree Creek - Umstead Trail	1.4 miles
3	Crabtree Creek Trail	4.1 miles
4	Falls River Trail	1.0 miles
5	Honeycutt Creek Trail	3.0 miles
6	House Creek Trail	2.8 miles
7	Little Rock Trail	0.5 miles

## Existing Greenway Trails

8	Macon Road Trail	0.5 miles
9	Martin Street Connector Trail	0.4 miles
10	Neuse River Trail	23.5 miles
11	Strickland Road Connector Trail	0.3 miles
12	Swift Creek Trail	6.0 miles
13	Upper Walnut Trail	0.3 miles
14	Walnut Creek - Eliza Pool Trail	0.4 miles

## Planned Greenway Trails

15	Lower Walnut - Walnut Creek Park Trail	0.5 miles
16	Lower Walnut Creek - Northdale Trail	0.8 miles
17	Lower Walnut Creek Trail	2.6 miles
18	Middle Crabtree Creek Trail	2.4 miles
19	Middle Walnut Creek Trail	2.5 miles
20	Neuse River Trail	4.6 miles
21	North Hills Trail	0.2 miles
22	Reedy Creek Trail	5.0 miles
23	Rocky Branch Trail	2.7 miles
24	Sawmill Trail	0.9 miles
25	Shelley Lake Trail	3.1 miles
26	Upper Walnut Trail	1.1 miles
27	Wakefield Trail	1.3 miles
28	West Millbrook Trail	0.3 miles

## Parks

## Major Roads

## Highways



Youth Educational continued from page 47 —

### Cooking With Kids

Location: Peach Road

Age: 6-12yrs. Measuring, pouring, stirring—we are learning to cook! kid-friendly recipes that parents and kids can also use at home. We will also learn about the four different food groups. There will be a different recipe for each class! Class Fee: \$2

#99428	Sep 10	F	5:00-6:00pm
#99429	Sep 24	F	5:00-6:00pm
#99430	Oct 8	F	5:00-6:00pm
#99433	Oct 22	F	6:30-7:30pm
#99432	Nov 12	F	6:30-7:30pm
#99431	Dec 10	F	6:30-7:30pm

### Cooking – Kidz Cooking Xpress

Location: Carolina Pines Community Center

Age: 9-12yrs. Let's learn how to cook small nutritional meals together. Participants will focus on being and staying healthy through group discussions, physical activities and preparing healthy individual meals. Apron included. Class Fee: \$35

#100157	Sep 13-Oct 4	M	6:30-8:00pm
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### Girl Scouts of America

Location: Lions Park Community Center

Age: 5-8yrs. Grades: K-1 (Daisies) and 6-8 (Cadettes) Join the fun, friendship, and power of girls together. Girl Scouting can change the way girls see the world and their place in it. Girls learn the importance of personal responsibility, the value of goal setting, the spirit of teamwork and the thrill of accomplishment. The Girl Scout program enables girls to be who they want to be. Girl Scouting builds girls of courage, confidence, and character who make the world a better place. Come Join Us! Class Fee: \$0

#99559	Sep 4-Dec 25	Sa	10:00-11:00am
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### Healthy Treats 101

Location: Sanderford Road Park

Age: 5-12yrs. Enjoy an array of healthy snack options for healthy and active living. Kids will learn how to make their own healthy snacks at home. At last, eating healthy food will be fun! Delicious treats guaranteed! Class Fee: \$5

#99089	Sep 15	W	5:00-6:00pm
#99090	Oct 13	W	5:00-6:00pm
#99091	Nov 17	W	5:00-6:00pm
#99092	Dec 15	W	5:00-6:00pm

### Just Say No

Location: Roberts Park Community Center

Age: 10-18yrs. A former president's wife made the phrase popular. She told you to say 'no' however, she neglected to give you the necessary skills to say no and mean it. This class teaches preteens and teens how to utilize various techniques to improve self esteem, develop self help skills, utilize refusal skills, handle peer pressure and confront daily challenges. Class Fee: \$0

#99317	Oct 2	Sa	10:00-11:00am
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### Kids and Wealth

Location: Roberts Park Community Center

Age: 9-14yrs. A class designed to help youngsters learn about money. Learn how to

earn, save, budget and begin a business. Its never too soon to learn how to let your money work for you. You just may learn how to become wealthy at a young age. Class Fee: \$5

#99318	Oct 2	Sa	12:00-1:00pm
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### Lunch with a

### Cop/Almuerza con un Policía

Location: Frank E. Evans Administrative Bldg.

Age: 14-17yrs. This program gives an opportunity for children that are interested in learning from law enforcement officers on a one and one basis. The youth will have lunch with a police officer and have the opportunity to ask questions and learn about how the police department interacts with their community. The goal of this program is to provide today's youth with good role models. This program is designed to give youth inside into the career of law enforcement. Este programa les dará la oportunidad a jóvenes que estén interesados en aprender directamente de oficiales que aplican la ley. Los jóvenes irán a comer con un oficial de policía y tendrán la oportunidad de hacer preguntas y también conocer como interactúa el Departamento de Policía con la comunidad. El objetivo de este programa es dar buenos modelos a imitar a los jóvenes de hoy en día, y también les dará conocimiento interno de una carrera en el ramo de Aplicación de la Ley. Indicate if you have any food allergies by calling 919-831-6844. Class Fee: \$0

#99627	Nov 4	Th	12:00-1:00pm
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### Martial Arts –

### American Kenpo Karate Youth

Location: Marsh Creek Park

Age: 7yrs and up. Learn traditional American Kenpo Karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self defense. All students will enjoy personal benefits from karate while challenging yourself both mentally and physically. This is a family class, have fun while learning together. Classes taught by certified organization. Testing and certification will require an additional \$20 fee paid to instructor. Testing is not a requirement Instructor: Mr. Jim LeClair. Class Fee: \$50

#99681	Sep 1-29	M,W,F	5:00-5:45pm
#99682	Oct 1-29	M,W,F	5:00-5:45pm
#99683	Nov 1-29	M,W,F	5:00-5:45pm
#99684	Dec 1-22	M,W,F	5:00-5:45pm

### radKIDS Safety and Self-Defense

Location: Brier Creek Community Center

Age: 5-12yrs. Increase your child's safety and self-confidence! Through fun and exciting activities, we teach how to tell if a stranger is good or bad; how to use family passwords (and when knowing the password doesn't count); when it's okay to knock everything off the shelves in a store; and how to respond when someone offers your child 'candy.' We also teach real physical techniques that kids can use

successfully against a predator, including strikes, kicks and blocks. Also covered: how to handle bullies, good touch vs. bad touch, Internet safety and more! Each child receives a radKIDS activity book and family safety manual. Pam Adamchik instructs. Class Fee: \$65

#100228	Sep 10-Oct 1	F	4:00-5:30pm
#100229	Oct 8-29	F	4:00-5:30pm

### Spanish For Kids

Age: 6-11yrs. This course will introduce children to the Spanish speaking world. Students will learn basic greetings, shapes, senses, calendar dates and more. Students will also enjoy a cultural component which includes singing Spanish songs and breaking open a piñata. Este curso introducirá a sus niños al mundo del idioma español. Los estudiantes aprenderán temas básicos como son: saludar, fechas del calendario, formas, y sentidos. Los estudiantes también disfrutaran de un componente cultural que incluye cantar canciones en español y romper una piñata. Class Fee: \$30

### Brier Creek

#99462	Sep 13-Oct 4	M	4:00-5:00pm
#99463	Oct 18-Nov 8	M	4:00-5:00pm
#99464	Nov 22-Dec 13	M	4:00-5:00pm
#99466	Sep 2-23	Th	4:00-5:00pm
#99467	Oct 7-28	Th	4:00-5:00pm

### Millbrook

#99470	Sep 4-25	Sa	11:00am-12:00pm
#99484	Oct 9-30	Sa	11:00am-12:00pm

## Teen

### American

### Red Cross Babysitter's Training

Age: 11-15yrs. Participants will gain knowledge, skills, and confidence to care for infants through school-aged children. Safety issues, injury and illness prevention, basic child care, first aid, decision making skills, and age appropriate behavior and play are discussed. Instruction by American Red Cross. Class Fee: \$50

### Green Road Community Center

#99405	Sep 11	Sa	9:00am-3:00pm
#99408	Nov 6	Sa	9:00am-3:00pm

### Laurel Hills Community Center

#99406	Oct 2	Sa	9:00am-3:00pm
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### Marsh Creek Community Center

#99407	Oct 16	Sa	9:00am-3:00pm
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### Lake Lynn Community Center

#99409	Nov 11	Th	9:00am-3:00pm
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### Barwell Road Community Center

#99414	Dec 4	Sa	9:00am-3:00pm
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### Giving It, Taking it, Working It Out

Location: Roberts Park Community Center

Age: 12-18yrs. An interactive seminar that teaches anger management, conflict resolution and peer mediation skills and techniques. Don't get mad. Come to class and learn how to deal effectively with anger, frustration and conflict. Learn how to control your emotions. Class Fee: \$0

#99804	Nov 20	Sa	11:00am-12:30pm
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Teen Educational continued on page 52 —



**P**arks and Recreation welcomes its newest division, the Raleigh Arts Commission. June Guralnick, Commission Executive Director, has been working for the City of Raleigh since 2006.

June has been involved with the arts all her life! For more than 30 years, she has created imaginative new works for the American theatre and collaborated with diverse communities to develop innovative, interdisciplinary projects.

June began her career at LaGuardia High School of Music and Art in New York City. Originally trained as an actress and dancer, June received her B.A. in Theatre from the State University of New York at Buffalo, and her Masters in Theatre from City College of New York. After graduating, June's career involved work both as a theatre director and playwright. Her award-winning plays have been performed at venues including Kennedy Center (Washington, D.C.), New Federal Theatre (N.Y.), Southern Appalachian Repertory Theatre (N.C.), and the North Carolina Museum of Art, and awards include North Carolina Arts Council Literature Fellowship, Silver Medal-Pinter Drama Review Prize, and Sewanee Writers' Conference Tennessee Williams Scholar.

Complementing her career as a theatre artist, June has been employed in various arts leadership positions throughout the country, including Executive Director of the Theatre Association of Pennsylvania and Theatre Arts Director of the North Carolina Arts Council.

"I am so excited about what is happening in the Arts here in Raleigh. There is such a broad array of cultural offerings, including the wonderful classes offered by the Parks & Recreation Department. I am honored to be able to serve as the Executive Director of the Arts Commission, and help foster the growth of Raleigh as a Creative Capital City!"

## Staff Highlight: **June Guralnick** **Raleigh Arts Commission** **Executive Director**

Teen Educational continued from page 50 —

### **Martial Arts – American Kenpo Karate Teen**

Location: Marsh Creek Park

Age: 13yrs and up. Learn traditional American Kenpo Karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self defense. All students will enjoy personal benefits from karate while challenging yourself both mentally and physically. This is a family class, have fun while learning together. Classes taught by certified organization. Testing and certification will require an additional \$20 fee paid to instructor. Testing is not a requirement  
Instructor: Mr. Jim LeClair. Class Fee: \$60  
#99677 Sep 1-29 M,W,F 6:00-7:00pm  
#99678 Oct 1-29 M,W,F 6:00-7:00pm  
#99679 Nov 1-24 M,W,F 6:00-7:00pm  
#99680 Dec 1-22 M,W,F 6:00-7:00pm

### **SAT Prep – Pre-Test Crash Course!**

Location: Lake Lynn Community Center

Age: 13yrs and up. Improve your SAT score now! Learn how to ease the stress of taking the most popular college entrance exam in the country. Students will practice timed SAT questions and learn strategies that help them answer more questions correctly, tackle difficult problems, and save time. Class covers the following: sentence completion, vocabulary decoding, reading comprehension (short, long, and paired passages), grammar review for multiple-choice writing, and sentence analysis/revision. Students also write and receive feedback on timed essays. This course is taught by a certified teacher who has a master's degree in education and seventeen years test prep experience at the high school, community college, and university levels. A better SAT score can be yours with this class! (Note: This class covers reading and writing sections only of the SAT.) Class Fee: \$120

#99513 Sep 29-30 W-Th 6:30-8:30pm  
#99514 Nov 3-4 W-Th 6:30-8:30pm  
#99515 Dec 1-2 W-Th 6:30-8:30pm

### **Teambuilding For Teens**

Location: Frank E. Evans Administrative Bldg.

Age: 8-25yrs. Let the Teen Program Staff custom design a teambuilding workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, teambuilding, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to staff availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$20 per staff hour of program with a minimum of 2 hours; we

require a 1 to 8 staff member to student ratio. Contact the Teen Program at 807-5409 for more information. Class Fee: \$0  
#100295 Sep 6-Dec 26 Daily 9:00am-5:00pm

## **Adult**

### **101 Games and Activities for Children Using Everyday Items**

Location: Lake Lynn Community Center

Age: 18yrs and up. In this workshop designed for parents and caregivers, you will tap into your imagination and creativity to turn common household items such as coins, spices and cotton balls into fun games and activities for preschool and elementary school aged children. By learning how to turn common items into fun games and activities, you will save money while teaching children how to see and use the world around them creatively. This workshop will be an hour of fun where parents and caregivers get to feel like kids and have a blast! Each participant will receive an e-book of the same title with all games and activities. Taught by Kim Proulx, Certified Parent Coach. Class Fee: \$20  
#99520 Sep 19 Su 2:00-3:00pm  
#99521 Oct 11 M 6:30-7:30pm  
#99522 Nov 7 Su 2:00-3:00pm  
#99523 Dec 13 M 6:30-7:30pm

### **Are You or Your Partner Sleep Deprived?**

Location: Method Road Community Center

Age: 16yrs and up. Darcy Bradford of SleepMed Inc. will discuss the different forms of sleep disorders. Learn the top 5 disorders and the common treatments. She will also do screenings to evaluate you or your partner for any sleep related disorder. Class Fee: \$0  
#100419 Oct 5 T 6:30-8:00pm

### **Ask the Mortgage Expert**

Location: Method Road Community Center

Age: 21yrs and up. Tired of living in an apartment or have a home with a high interest rate? Are you ready to get the tax break you deserve. Then this is the course for you. Let our Mortgage expert give you the ins and outs of mortgage lending including the ideal credit score, FHA, Conventional and VA loans, fixed interest rates, and refinancing. Casey Swope of Regions Bank and Mortgage (one of the top 10 banks in the country) will instruct. Class Fee: \$0  
#100573 Oct 19 T 7:00-8:30pm

### **Basic Computer I in Spanish/ Computación Básica Nivel I**

Location: Sanderford Road Park

Age: 18yrs and up. This course will introduce basic computer skills. Students will learn how to use the computer keyboard, type simple documents, navigate through internet and other topics. Este curso tiene como objetivo introducir conocimientos básicos de computación. Los estudiantes aprenderán como usar el teclado, escribir

documentos simples, usar la Red (Internet) y otros temas. Class Fee: \$40

#99565 Sep 1-Oct 6 W 6:00-8:00pm  
#99566 Oct 20-Nov 24 W 6:00-8:00pm

### **Basic Computer II in Spanish/ Computación Básica Nivel II**

Location: Sanderford Road Park

Age: 18yrs and up. This course will be a continuation of Basic Computers I in Spanish with emphasis on learning how to manage files, word processor, spreadsheets software and other topics. Este curso es una continuación de la clase de Computación Básica Nivel I en Español con énfasis en el aprendizaje del manejo de documentos, procesador de palabras y hojas de cálculos además de otros temas. Class Fee: \$40  
#99605 Sep 2-Oct 7 Th 6:00-8:00pm  
#99606 Oct 21-Dec 2 Th 6:00-8:00pm

### **Birds –**

#### **Raleigh-Durham Caged Bird Society**

Location: Glen Eden Park

Age: 18yrs and up. The Raleigh-Durham Caged Bird Society serves to educate the public on the care of caged birds, to address avicultural concerns, and to encourage the conservation of avian species. The society meets the 3rd Sunday of each month at Glen Eden Pilot Park – 1500 Glen Eden Drive. Membership dues are \$1/person/meeting. No registration necessary. Class Fee: \$1  
#99807 Sep 19 Su 1:00-5:00pm  
#99808 Oct 17 Su 1:00-5:00pm  
#99809 Nov 21 Su 1:00-5:00pm  
#99810 Dec 19 Su 1:00-5:00pm

### **Bridge – Beginner**

Location: Pullen Community Center

Age: 18yrs and up. Never played Bridge and want to learn? Join us as Edith Horne teaches the basics of bridge. Class Fee: \$35  
#98639 Sep 13-Oct 7 M,Th 10:30am-12:30pm

### **Bridge – Play of Hand**

Location: Pullen Community Center

Age: 18yrs and up. If you have already taken beginner and intermediate bridge or are a better than average bridge player, Play of Hand can help you improve your game. Cards are pre-dealt for each day's lesson. Edith Horne instructs. Class Fee: \$35  
#98640 Sep 13-Oct 7 M,Th 1:00-3:00pm

### **Cake Decorating Workshop**

Location: Lake Lynn Community Center

Age: 16yrs and up. Have you always wanted to be able to decorate your own cakes to look like those you see in the magazine? We will give you the tips and tricks to do just that! This workshop is designed to give you the basics that will allow you to decorate your own beautiful cakes. Skills that will be covered include cutting and filling cakes, frosting basics, using tips, borders, writing and decorations. Each student will then be able to decorate their own custom cake with advice and assistance from our instructor. All cakes and cake decorating materials will be provided,

and students will leave with their own custom cake and a handout with details of all materials used. Class Fee: \$30

#100362	Oct 2	Sa	1:00-4:00pm
#100363	Nov 20	Sa	1:00-4:00pm

### Can We Talk About Money

Location: Carolina Pines Community Center  
Age: 18yrs and up. Can We Talk...About Money is a series of small, interactive group discussions about what you Know, Believe, and Think about Money (your Money DNA). Because the answers to the 'Why' questions about your money is not a 'One Size Fits All'. Class Fee: \$0

#100469	Sep 18	Sa	9:30-11:00am
#100470	Oct 16	Sa	9:30-11:00am
#100471	Nov 20	Sa	9:30-11:00am

### Central CAC

Location: John P. Top Greene Center  
Age: 18yrs and up. The CAC provide a means for citizens to be involved in planning for the future of their community and, in turn, gives the City another method of communication with its citizens. The Central CAC meets the first Monday of the Month at Top Greene at 7:00pm. For more information contact Luis Olivieri at 831-6097 or luis.olivieri@ci.raleigh.nc.us. Class Fee: \$0

#100147	Sep 6	M	7:00-10:00pm
#100148	Oct 4	M	7:00-10:00pm
#100149	Nov 1	M	7:00-10:00pm
#100150	Dec 6	M	7:00-10:00pm

### Chinese for Beginners/Chino para Principiantes

Location: Pullen Community Center  
Age: 18yrs and up. This course will introduce basic Chinese. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and much more. Students will also enjoy aspects of the Chinese culture. Esta clase le introducirá al idioma chino a nivel básico. Los estudiantes aprenderán el alfabeto, los saludos, números, fechas del calendario, los días, y mucho más. Los estudiantes también disfrutarán de los aspectos de la cultura china. Class Fee: \$50

#99628	Sep 4-Oct 9	Sa	10:00-11:30am
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### Citizen's Advisory Council – Wade CAC

Location: Frank E. Evans Administrative Bldg.  
Age: 18yrs and up. Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 4th Tuesday of every odd month at Jaycee Park. No registration necessary. Class Fee: \$0

#99821	Nov 23	T	7:00-9:00pm
#100337	Sep 28	T	7:00-9:00pm

### Citizen's Advisory Council – 5 Points CAC

Location: Fletcher Park  
Age: All Ages. Be an active member of your community. Come find out the latest news

concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 2nd Wednesday of every odd month in the Garriss building at Fletcher Park. No registration necessary. Class Fee: \$0

#99876	Sep 8	W	6:30-9:30pm
#99877	Nov 10	W	6:30-9:30pm

### Citizen's Advisory Council – Glenwood CAC

Location: Glen Eden Park  
Age: 18yrs and up. Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 4th Monday of every other month at Glen Eden Center – 1500 Glen Eden Drive. No registration necessary. Class Fee: \$0

#99868	Sep 27	M	7:00-9:00pm
#99869	Nov 22	M	7:00-9:00pm

### Computer Ease II

Location: Worthdale Community Center  
Age: 15-100yrs. Improve your computer skills learning to use Microft Word, Microsoft Excel, and Microsoft Power Point. This class is not for beginners. Class Fee: \$5

#100210	Sep 13	M	6:00-7:00pm
#100211	Sep 20	M	6:00-7:00pm
#100212	Sep 27	M	6:00-7:00pm
#100213	Oct 4	M	6:00-7:00pm

### Computers – Intro to Google Docs

Location: Brier Creek Community Center  
Age: 16yrs and up. This a beginner's course for those who have little to no experience with Google Docs. Google Docs is a Web based word processor, presentation and spreadsheet application. It allows you to create and edit documents that are stored on-line and accessible from any computer. Instructor: Ron Wahlen, M.Ed. Class Fee: \$5

#100277	Sep 9	Th	6:00-7:00pm
#100278	Sep 16	Th	6:00-7:00pm
#100279	Sep 23	Th	6:00-7:00pm
#100280	Sep 30	Th	6:00-7:00pm

### Computers – Introduction to Internet Searching

Location: Brier Creek Community Center  
Age: 16yrs and up. This is a beginner's course for those who would like to know more about internet searching. What are you looking for? Perhaps, it's a new sofa or a research paper on 'how DNA and RNA are similar'. In this course, we will discover new search methods and opportunities to understand how the internet works. Instructor: Ron Wahlen, M. Ed. Class Fee: \$5

#100248	Sep 9	Th	7:00-8:00pm
#100249	Sep 16	Th	7:00-8:00pm
#100250	Sep 23	Th	7:00-8:00pm
#100251	Sep 30	Th	7:00-8:00pm

### CP No Debt – Know Freedom

Location: Carolina Pines Community Center  
Age: 18yrs and up. This introductory class will instruct you on how to identify and stop money leaks, control your spending and

create money without getting a part-time job. Class Fee: \$25

#100461	Sep 18	Sa	11:30am-1:30pm
#100462	Oct 16	Sa	11:30am-1:30pm
#100463	Nov 20	Sa	11:30am-1:30pm

### Dog – Basic Manners for Your Dog

Location: Jaycee Community Center  
Age: 18yrs and up. Want to improve your dog's behavior at home and in public? Would you like to socialize your dog properly around people and other dogs, strengthen your bond, and build a sound relationship based on leadership that your dog understands? In Basic Manners, we give you the tools you need to do all this ó and to have fun with your buddy! We'll show you how to teach your dog self-control ó imagine, no more jumping on guests, lunging at the door, and barking excessively. You'll also learn how to give basic commands such as sit, down, come, walk without pulling, off, sit politely for guests and so on. We'll even show you how you can incorporate them into your busy daily lifestyle. Sign up now and in only six weeks, you can enjoy a well-mannered, well-rounded member of the family! Class Fee: \$127

#100093	Sep 7-Oct 12	T	7:00-8:00pm
#100094	Oct 26-Dec 7	T	7:00-8:00pm

### Dog Obedience

Location: Millbrook Exchange Community Ctr  
Age: 13yrs and up. Course of instruction in basic commands and controlling your dog. The Raleigh Kennel Club provides this class as a community service. An AKC Canine Good Citizen test will conclude the class with passing dogs earning their AKC CGC title. This test evaluates the ability of the dog to display good public manners. Class Fee: \$40

#100719	Sep 8-Nov 10	W	7:30-8:30pm
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### English as a Second Language (ESL) – Clases de Ingles

Age: 18yrs and up. These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés. Class Fee: \$0

#### Barwell

#99229	Sep 1-Oct 6	W	7:00-8:30pm
#99241	Oct 27-Dec 1	W	7:00-8:30pm

#### Brier Creek

#99231	Sep 4-Oct 9	Sa	11:30am-1:00pm
#99242	Oct 30-Dec 4	Sa	11:30am-1:00pm

#### Chavis

#99234	Sep 18-Oct 23	Sa	11:30am-1:00pm
#99243	Nov 6-Dec 11	Sa	11:30am-1:00pm

#### Method

#99236	Sep 2-Oct 7	Th	6:30-8:00pm
#99263	Oct 28-Dec 9	Th	6:30-8:00pm

#### Peach

#99238	Sep 7-Oct 12	T	6:30-8:00pm
#99276	Nov 2-Dec 7	T	6:30-8:00pm

English As A Second Language continued next page —

English As A Second Language continued —

**Green Road**#99240 Sep 11-Oct 16 Sa 11:30am-1:00pm  
#99279 Nov 13-Dec 18 Sa 11:30am-1:00pm**Marsh Creek**#99286 Sep 13-Oct 18 M 6:30-8:00pm  
#99287 Nov 1-Dec 6 M 6:30-8:00pm**Financial Planning and Money Preparation**Location: Method Road Community Center  
Age: 21yrs and up. Let a representative from New York Life help you with your financial planning. Topics will include estate planning, saving money on taxes, mortgage protection and retirement planning. Class Fee: \$0  
#100561 Oct 6 W 7:00-8:30pm**First Aid and CPR (Adult, Child and Infant)**Location: Marsh Creek Park  
Age: 16yrs and up. Training includes First Aid, Adult, Child and Infant CPR. First Aid Certification is valid for three years after successful completion of the class. CPR will be valid for only one year. This is an American Red Cross training. Class Fee: \$63  
#100956 Nov 6 Sa 9:00am-4:30pm**Green Living For Everyone**Location: Greystone Community Center  
Age: 16-99yrs. Come and learn about Green Living! Find out how you can incorporate green living into your everyday life. Green living can be practical, creative, and fun as well as beneficial to the Earth. Class Fee: \$20  
#100317 Sep 11 Sa 10:00-11:00am**Infant and Child CPR**Location: Marsh Creek Park  
Age: 18yrs and up. Students will have hands on skills training for response to breathing and cardiac emergencies in infants and children. Class Fee: \$70  
#99419 Sep 21 T 8:30am-12:00pm**Infant/Child CPR**Location: Greystone Community Center  
Age: 16yrs and up. This course is designed for anyone who cares for children. Combines a new video, live demonstrations, hands-on practice and discussion to engage every learning style. Participants will be provided take home information on injury prevention. They will learn to use the EMS system effectively and recognize and care for breathing and cardiac emergencies in infants and children under the age of 8 years old. They will also learn basic First Aid. Class Fee: \$70  
#100955 Oct 21 Th 9:30am-4:00pm**Japanese for Beginners/ Japonés para Principiantes**Location: Jaycee Community Center  
Age: 18yrs and up. This course will introduce basic Japanese. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and much more. Students will also enjoy aspects of the Japanese culture. Esta clase le introducirá al idioma japonés básico. Los estudiantes aprenderán el alfabeto, los saludos, números, fechas del calendario, los días, y mucho más. Los estudiantes también disfrutarán de los aspectos de la cultura japonesa. Class Fee: \$50  
#99630 Oct 16-Nov 20 Sa 10:00-11:30am**Korean for Beginners/ Coreano para Principiantes**Location: Greystone Community Center  
Age: 18yrs and up. This course will introduce basic Korean. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and much more. Students will also enjoy aspects of the Korean culture. Esta clase le introducirá al idioma coreano a nivel básico. Los estudiantes aprenderán el alfabeto, los saludos, números, fechas del calendario, los días, y mucho más. Los estudiantes también disfrutarán de los aspectos de la cultura coreana. Class Fee: \$50  
#100267 Sep 11-Oct 16 Sa 10:30am-12:00pm  
#100268 Oct 30-Dec 4 Sa 10:30am-12:00pm**Language – Basic French**Location: Brier Creek Community Center  
Age: 16yrs. and up. This is a beginner course for those who want to learn basic French with a teacher coming from France. The purpose of each lesson is to allow you to have a conversation in French with me and other members of the group. This is a lot of fun! Instructor: Anne Giovinazzo. Class Fee: \$120  
#101006 Sep 7-Oct 26 T 1:00-2:30pm  
#101007 Oct 27-Dec 15 W 1:00-2:30pm**Language – Culture and Tradition of France**Location: Brier Creek Community Center  
Age: 16yrs. and up. Interested in French Culture? Preparing a trip to France? As a French citizen and teacher I will enjoy exploring with you some culture and tradition of France. During the course, you'll get basic vocabulary as well. Each session will focus on different subjects. Instructor: Anne Giovinazzo. Class Fee: \$60  
#101008 Sep 9-30 Th 1:00-2:30pm  
#101009 Oct 7-28 Th 1:00-2:30pm  
#101010 Nov 4-Dec 2 Th 1:00-2:30pm**Language – Beginner Italian**Location: Brier Creek Community Center  
Age: 16yrs and up. Italian is considered by many to be the most beautiful of the world's languages. This course will teach you how to express yourself comfortably in Italian, within a cultural context. You'll learn basic conversation skills and vocabulary from an experienced language teacher. You'll be surprised how quickly you can learn many useful expressions in Italian! Instructor: Guisy Leone, J.D., Italian native. Class Fee: \$70  
#100359 Oct 8-25 M,F 7:00-8:30pm  
#100360 Dec 1-18 W,Sa 9:00-10:30am**Language – Intermediate French**Location: Brier Creek Community Center  
Age: 16yrs. and up. This course is for those who want to improve their knowledge in French: better pronunciation, more vocabulary and verbs. You will be able to have longer conversation among the group. I am French and it is my pleasure to make speak as if we were in France! Instructor: Anne Giovinazzo. Class Fee: \$105  
#101011 Nov 2-Dec 7 T 1:00-2:30pm**Living With Stress?**Location: Roberts Park Community Center  
Age: 18-80yrs. Living with stress? Who isn't? Family. Work. The economy. Here are some quick and easy techniques that are sure to help you in the battle against daily stress! Learn about Progressive Relaxation, Mental Visualization, Positive Self Talk and others. You'll leave this class armed with the tools you need to win your battles with stress! Class Fee: \$10  
#99785 Nov 6 Sa 11:00am-12:00pm**Natural Nutrition**Location: Method Road Community Center  
Age: 18yrs and up. Natural alternatives to healthy living. Class Fee: \$0  
#100458 Sep 20 M 7:00-8:30pm**Raleigh Stamp Club**Location: Jaycee Community Center  
Age: 18yrs and up. Come learn about stamps! Let's talk about our collections. We meet the first Monday of each month except for holidays. Membership dues are \$1/person/meeting. Class Fee: \$1  
#99898 Sep 13 M 7:30-9:00pm  
#99899 Oct 4 M 7:30-9:00pm  
#99900 Nov 1 M 7:30-9:00pm  
#99901 Dec 6 M 7:30-9:00pm**Safety – RAD Women's Self Defense**Location: Lake Lynn Community Center  
Age: 16yrs and up. For women only, this class teaches techniques to fight off sexual assault, abduction, and domestic violence. Learn how to block a strike, escape a**Wisdom is to the mind what health is to the body.**

Francois De La Rochefoucauld

wrist grab, choke hold and bear hug, and execute more effective punches and kicks. Also covered: ground-fighting and rape reversal—essential for all women to know! Each session is two Saturdays. Instructor: Pam Adamchik. Class Fee: \$50

#99509	Sep 11-18	Sa	9:00am-12:00pm
#99510	Oct 2-9	Sa	9:00am-12:00pm
#99511	Nov 6-13	Sa	9:00am-12:00pm

### Spanish I

Age: 18yrs and up. This course is an introduction to basic conversational Spanish with an emphasis on listening and speaking. Topics such as time, days, months, colors, simple dialogues, and present tense of verbs are covered. Este curso es una introducción a la conversación en español con énfasis en escuchar y hablar el idioma. Se cubrirán temas como el concepto del tiempo, días de la semana, meses, colores, diálogos simples y el tiempo presente de los verbos. Class Fee: \$50

#### Method

#99493	Sep 9-Oct 14	Th	6:30-8:00pm
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#### Millbrook

#99492	Sep 9-Oct 14	Th	6:30-8:00pm
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### Spanish For The Work Place

Location: Peach Road

Age: 16yrs and up. Spanish for the Work Place will focus on basic Spanish in the work place. This course teaches general customer service skills in Spanish to better communicate with Spanish workers and clients. Class Fee: \$25

#99425	Oct 20-Nov 24	W	6:30-8:00pm
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### Spanish II

Age: 18yrs and up. This course is a continuation of Spanish I with continued emphasis on listening and speaking. Este curso es una continuación de la clase de español I con énfasis en escuchar y hablar el idioma. Class Fee: \$50

#### Method

#99560	Oct 28-Dec 9	Th	6:30-8:00pm
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#### Millbrook

#99561	Oct 28-Dec 9	Th	6:30-8:00pm
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### Top Greene PC Lab

Location: John P. Top Greene Center

Age: 18yrs and up. Control, Alt, Delete, What? This is the course for you. Basic computer classes for adults that includes internet usage. Staffed by local University students. Lab also available for general computer use during class times. Class Fee: \$0

#100136	Aug 21-Dec 14	T,Sa	11:00am-5:00pm
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### Voice Over

Location: Pullen Community Center

Age: 18yrs and up. Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the

competition and actually turn voice-overs into a thriving full or part-time business! Dan Levine, a well-known commercial producer and Tony Award-nominated Broadway composer will discuss voice-over technique in a recorded portion of the class. We will introduce students to the voice-over business as a whole. Talk about the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and hear the results. Class Fee: \$35

#100467	Sep 28	T	7:00-9:00pm
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### Workforce Solutions

Location: Carolina Pines Community Center

Age: 18yrs and up. Learn how to interview and the expectations of today's workforce in this 1 hour class. Class Fee: \$0

#100568	Sep 2	Th	6:30-7:30pm
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#100569	Sep 9	Th	6:30-7:30pm
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#100570	Sep 16	Th	6:30-7:30pm
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#100571	Sep 23	Th	6:30-7:30pm
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#100572	Sep 30	Th	6:30-7:30pm
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#100574	Oct 7	Th	6:30-7:30pm
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#100575	Oct 14	Th	6:30-7:30pm
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#100576	Oct 21	Th	6:30-7:30pm
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#100577	Oct 28	Th	6:30-7:30pm
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#100578	Nov 4	Th	6:30-7:30pm
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#100579	Nov 18	Th	6:30-7:30pm
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#100580	Dec 2	Th	6:30-7:30pm
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#100582	Dec 9	Th	6:30-7:30pm
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#100583	Dec 16	Th	6:30-7:30pm
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### Senior

#### E-Mail 101

Location: John P. Top Greene Center

Age: 40yrs and up. Come and learn the basics of computers and emailing! Class Fee: \$0

#100097	Sep 1	W	6:00-7:00pm
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#100098	Sep 29-Oct 20	W	2:00-3:00pm
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#100099	Oct 27-Nov 10	W	6:00-7:00pm
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#100100	Dec 8-22	W	2:00-3:00pm
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#### Lessons From Your Life

Location: Greystone Community Center

Age: 55-99yrs. A writing group designed for seniors who want to explore the lessons from their lives. The exploration may lead to continued writing of poetry, memoir, or creative non-fiction. Each class will be comprised of journaling, writing a short essay on prompts provided by instructor, and time for voluntary sharing with group. No previous writing experience is necessary. The class will conclude with a voluntary reading. Class Fee: \$25

#99940	Sep 13-Oct 11	M	9:00-10:00am
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### Family

#### Berry O'Kelly School Tour

Location: Method Road Community Center

Age: All Ages. Come and learn the history of one of the first training and high school for African-Americans. The Berry O'Kelly Training school was established in 1895 and has an enormous amount of history beyond the

walls of the school. Tour the historical site and hear all the wonderful history behind a phenomenal school. This will be a great school field trip! Dates and times can be arranged. Class Fee: \$0

#100613	Sep 16	Th	10:30am-12:00pm
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#100614	Oct 14	Th	10:30am-12:00pm
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#100615	Nov 18	Th	10:30am-12:00pm
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#100616	Dec 9	Th	10:30am-12:00pm
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### Chess Club – Family

Location: Pullen Community Center

Age: 5-12yrs. The family chess club will provide your child with 15 minutes of chess lessons at the beginning of each meeting.

After the lesson, they will be able to practice their skills with 45 minutes of chess play time. The club meets every two weeks.

Parents or guardians are required to stay with their child during the program. Please call for schedule. Class Fee: \$0

#98100	Sep 11-Dec 18	Sa	11:00am-12:30pm
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### College Bound

Location: Method Road Community Center

Age: 15yrs and up. This workshop is for parents, students and student-athletes.

The class is designed to give you all the information on college preparation such as admissions, SAT/ACT, Clearing House, NCAA guidelines and essential high school courses needed. Class Fee: \$0

#100552	Sep 27	M	6:30-8:30pm
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### Composting 101

Location: Millbrook Exchange Community Ctr

Age: 6yrs and up. Get a jumpstart on your Spring Garden! Composting is nature's way of recycling leaves, grass clippings and food scraps into nutrient-rich soil. You'll leave this one-time class with the confidence and knowledge needed to start composting at home. All children must be accompanied by a paying adult. Free for children under 12. Pre-registration is required four days prior to the program. Bianca Howard instructs. Class Fee: \$3

#99461	Sep 11	Sa	10:00am-12:00pm
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### Financial Aide Workshop

Location: Method Road Community Center

Age: 15yrs and up. This course will tell you everything you need to know about financial aide and scholarship searching. You will learn about grants, loans, and how to apply. A representative from CFNC will give you all the tools you need as well as SAT/ACT dates and helpful websites. Class Fee: \$0

#100530	Sep 21	T	6:30-8:30pm
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### Freedom Shrine

Location: Millbrook Exchange Community Ctr

Age: All Ages. Come out and visit this monument. The Freedom Shrine is a collection of original historic American documents photographically reproduced for display. The purpose of the shrine is to encourage citizens of our nation to gain a deeper understanding of the events that took place in the building of America.

Family Educational continued next page —

Family Educational continued —

### French For Beginners

Location: Jaycee Community Center  
Age: 18yrs and up. This course is designed for those who are complete beginners and wish to study for a short period of time and learn enough practical language to be able to communicate in simple situations when going abroad. The students that complete this course will also be able to acquire basic concepts to communicate with French speakers. Estas clases están diseñadas para las personas que están a nivel de principiantes y quieren estudiar por un periodo corto y aprender suficiente lenguaje práctico para cuando vayan al extranjero y puedan comunicarse en situaciones sencillas. Los estudiantes que terminen este curso también adquirirán conceptos básicos para comunicarse con personas que hablan Frances. Class Fee: \$50  
#99629 Sep 4-Oct 9 Sa 10:00-11:30am

### Genealogy Basics

Location: John P. Top Greene Center  
Age: 12yrs and up. It is a Family Affair: Genealogy Basics—Trying to trace your family heritage? Join other interesting people who are on the same quest. Learn the basics of tracing your family roots. Pre-registration is required at least 1 day in advance of each class. Class Fee: \$0  
#100124 Aug 18 W 6:30-7:30pm  
#100125 Sep 8 W 6:00-7:00pm  
#100126 Oct 13 W 6:00-7:00pm

### Pet First Aid and CPR

Location: Greystone Community Center  
Age: 18yrs and up. The Triangle Area Chapter and Raleigh Parks and Recreation Department is pleased to offer the community First Aid for Dogs and Cats. The goal of pet first aid is to protect both pet owners and their pets from further harm, injury or suffering during emergencies by teaching prompt, effective actions and care that will safeguard the life of an injured pet. Class Fee: \$45  
#100954 Sep 28 T 10:00am-1:00pm

### Piano – Beginner

Location: John P. Top Greene Center  
Age: 5-99yrs. Come learn how to play the piano! You will learn how to play the musical alphabet, how to read notes, and play songs! Sessions are in 30 minute increments starting at 5pm. Class Fee: \$40  
**Session A**  
#100018 Sep 2-23 Th 5:00-5:30pm  
**Session B**  
#100019 Sep 2-23 Th 5:30-6:00pm  
**Session C**  
#100020 Sep 2-23 Th 6:00-6:30pm  
**Session D**  
#100021 Sep 2-23 Th 6:30-7:00pm  
**Session A**  
#100022 Sep 30-Oct 21 Th 5:30-6:00pm  
**Session B**  
#100023 Sep 30-Oct 21 Th 6:00-6:30pm  
**Session A**  
#100024 Sep 30-Oct 21 Th 6:30-7:00pm

**Session B**  
#100025 Sep 30-Oct 21 Th 7:00-7:30pm  
**Session C**  
#100037 Oct 28-Nov 18 Th 4:30-5:00pm  
**Session D**  
#100026 Oct 28-Nov 18 Th 6:00-6:30pm  
**Session A**  
#100027 Oct 28-Nov 18 Th 5:00-5:30pm  
**Session B**  
#100028 Oct 28-Nov 18 Th 5:30-6:00pm  
**Session C**  
#100032 Oct 28-Nov 18 Th 7:00-7:30pm  
**Session D**  
#100029 Oct 28-Nov 18 Th 6:30-7:00pm

### Robbery Prevention Workshop – Platica de Prevención de Robos

Location: Roberts Park Community Center  
Age: All Ages. Across North Carolina there has been an increased number of robberies. If you want to keep you and your loved ones safe and you want to learn about robbery prevention this class is for you. En Carolina del Norte los números de robos han aumentado. Si usted quiere mantenerse

seguro y también a sus seres queridos y además desea aprender como prever robos, esta clase es para usted. Class Fee: \$0  
#99617 Sep 21 T 7:00-8:00pm

### Sailing on a 23' Keelboat Level 1

Location: Lake Wheeler  
Age: 12yrs and up. This 2-hour course is designed for individuals with little to no sailing experience, but who desire to explore the exciting recreational opportunities provided by sailing aboard a larger sailboat. Students will experience sailing first hand, that will include boat safety, water safety, and some sailing operations. The class will be instructed on the water and at dockside. Come out and enjoy an educational experience that will leave wanting to spend more time on the water sailing. Class Fee: \$40  
#100534 Sep 11 Sa 10:00am-12:00pm  
#100535 Oct 9 Sa 10:00am-12:00pm  
#100536 Nov 6 Sa 12:30-2:30pm  
#100601 Oct 9 Sa 12:30-2:30pm  
#100602 Sep 11 Sa 12:30-2:30pm



## Tarheel Triangle Cat Fanciers – Parade of Breeds

Location: Millbrook Exchange Community Ctr  
Age: 18yrs and up. Are you a cat lover and want to learn more about different breeds? Come out to the Parade of Breeds, hosted by the Tarheel Triangle Cat Fanciers group. There will be CFA judges on site to present and talk about each specific breed presented. Please do not bring your pet. Join us to learn more about our feline friends!  
Class Fee: \$0  
#100683 Nov 10 W 6:30-8:30pm

## Worm Composting (Vermiculture)

Location: Millbrook Exchange Community Ctr  
Age: 8yrs and up. Red wiggler worms can help you reduce smelly garbage and benefit your garden. Learn how easy it is to set up a home worm bin in this interactive workshop. The instructor provides all materials (and worms!) needed to set up your worm bin. All children must be accompanied by an adult. Registration fee is per-person and is required four days prior to the program. Bianca Howard instructs. Class Fee: \$20  
#99483 Nov 13 Sa 10:00am-12:00pm

## Fitness

## Preschool

### Curling, Twirling Ribbons

Location: Marsh Creek Park  
Age: 2-3yrs. They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains. Fun dance steps that are short, easy to follow and beautiful to see! Parent attendance is required. Class Fee: \$42  
Ages 2-3  
#100872 Dec 1-22 W 10:00-10:45am  
Ages 4-5  
#100873 Dec 1-22 W 11:00-11:45am

### Dance – Jazz-Z Creative Dance

Location: Laurel Hills Community Center  
Age: 3-5yrs. Come little dancers and do your thing! You know you like to pop and swing! Learn dances from 'around the world' as you jazz it up, flip, heel-toe and rock 'n roll! Dance pirouette solo arabesque. Perform top hat moves, use floating ribbon streamer, scarves and other memorable props to enhance your artistic dance experience for life. Great for motor skills, fitness and social skills. Great music. Instructor: Ms. Khadija. Class Fee: \$36  
#98867 Oct 30-Nov 20 Sa 12:00-12:30pm

## Fitness – Preschool Yoga

Location: Greystone Community Center  
Age: 2-5yrs. This class is recommended for ages 2-5 and will focus on gentle stretching techniques while keeping the children focused in a fun, safe atmosphere. Class is designed to help children with their balance, motor and listening skills as well. Class Fee: \$42  
#99913 Sep 1-22 W 1:00-2:00pm  
#99914 Oct 6-27 W 1:00-2:00pm  
#99916 Nov 3-24 W 1:00-2:00pm  
#99915 Dec 1-22 W 1:00-2:00pm

## Fitness and Movement – Bee Active

Location: Pullen Community Center  
Age: 3-5yrs. This program teaches preschoolers it is fun to be physically active. We focus on fundamental motor skills, movement concepts, balance, coordination, flexibility, and much more while being noncompetitive. Parents do NOT attend class with the child. Check out other activities such as Tai Chi Chih, Fitness Room or walk around Pullen Park while your child is in class. Class Fee: \$80  
#98105 Sep 14-Nov 2 T 1:00-1:30pm  
#98106 Sep 14-Nov 2 T 1:30-2:00pm  
#98107 Nov 16-Jan 4 T 1:00-1:30pm  
#98108 Nov 16-Jan 4 T 1:30-2:00pm

## Gymnastics – Parent and Tot Tumblers

Location: Green Road Community Center  
Age: 15mos-2yrs. Fun and exciting learning including stunts, tumbling, rolls, climbs, jumps and flips. Motor skill development and spatial expression area play are emphasized. This is a parent-tot participation class. At least one parent must attend. Instructed by Coach 'K', NCAE Certified. Class Fee: \$40  
#100747 Sep 3-24 F 10:45-11:30am  
#100748 Oct 8-29 F 10:45-11:30am  
#100749 Nov 12-Dec 10 F 10:45-11:30am

## Gymnastics – Preschool Tumblers

Location: Green Road Community Center  
Age: 3-5yrs. Join us as we explore creative skill techniques utilizing apparatus and movement combinations. Balance, flexibility, stamina, form, style and creative patterns are learned. Little or no experience needed. Instructed by Coach 'K', NCAE Certified. Class Fee: \$40  
#100765 Sep 3-24 F 11:45am-12:30pm  
#100766 Oct 8-29 F 11:45am-12:30pm  
#100767 Nov 12-Dec 10 F 11:45am-12:30pm

## Gymnastics – Tumbling Tinies

Age: 9-24mos. Parent and child participate in a fun filled class that enhances balance, fitness and social skills. Tots will enjoy music, silly dances, tunnels, slides, obstacle courses, parachute play more! This class provides a time of fun and togetherness for you and your little one while building their motor skills. Instructor: Bethany Schlegel, BS in Education and former USGA Gymnast.

Class Fee: \$40

## Greystone Community Center

#98431	Sep 2-23	Th	9:30-10:15am
#98432	Oct 7-28	Th	9:30-10:15am
#98430	Nov 4-25	Th	9:30-10:15am
#98433	Dec 2-23	Th	9:30-10:15am

## Brier Creek Community Center

#99823	Sep 3-24	F	9:30-10:15am
#99831	Oct 1-22	F	9:30-10:15am
#99832	Nov 5-19	F	9:30-10:15am
#99834	Dec 3-17	F	9:30-10:15am

## Gymnastics – Tumbling Tots

Age: 2-3yrs. Parent and child participate in fun filled class that enhances motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, silly dances, parachute play and more! Have fun bonding with your child while they release energy in a fun and safe setting. Instructor: Bethany Schlegel, Former USGA Gymnast, BS in Elementary Education. Class Fee: \$40

## Greystone Community Center

#98436	Sep 2-23	Th	10:30-11:15am
#98434	Oct 7-28	Th	10:30-11:15am
#98435	Nov 4-25	Th	10:30-11:15am
#98437	Dec 2-23	Th	10:30-11:15am

## Brier Creek

#99840	Sep 3-24	F	10:30-11:15am
#99845	Oct 1-22	F	10:30-11:15am
#99847	Nov 5-19	F	10:30-11:15am
#99849	Dec 3-17	F	10:30-11:15am

## Gymnastics – Tumble Time

Location: Brier Creek Community Center  
Age: 3-4yrs. Children are introduced to the basics of gymnastics in a fun and playful class. Your child will experience the fun of doing flexibility moves, stunts, beam, bars, obstacle courses, parachute play and more! Course designed to help youth release energy while developing strength, flexibility, coordination and confidence. Instructor: Bethany Schlegel: Former USGA Gymnast, BS in Elementary Education. Class Fee: \$40  
#99862 Sep 3-24 F 11:30am-12:15pm  
#99863 Oct 1-22 F 11:30am-12:15pm  
#99864 Nov 5-19 F 11:30am-12:15pm  
#99865 Dec 3-17 F 11:30am-12:15pm

## Gymnastics – Bottoms Up Tumble (Parent/Child)

Location: Green Road Community Center  
Age: 9-14mos. Even though this course includes tumbling, rolls, lifts, parachute play, hoops, tunnels and more creative games to stimulate motor skill development, pulling up to walk is also one of our objectives. Instructional support with safe apparatuses, scoots and other incentives are included. There will be balance lesson stimulants, color zone-play, placement and an obstacle course of fun. Disney Musical Collection is the music choice. Instructed by Khadija AKA Coach K, BS, Licensed/Certified. Class Fee: \$40  
#100757 Sep 3-24 F 10:00-10:45am  
#100758 Oct 8-29 F 10:00-10:45am  
#100759 Nov 12-Dec 10 F 10:00-10:45am

Preschool Fitness continued next page —

Preschool Fitness continued —

### KIK! (Karate Introduction for Kids)

Location: Brier Creek Community Center  
Age: 4-7yrs. Beginner course with focus on character development, self defense, and conditioning benefits of shotokan karate. Kids wear exercise clothing (shorts and t shirt). Instructors, Triangle Best Karate.  
Class Fee: \$36  
#100405 Sep 13-27 M 5:45-6:15pm  
#100406 Oct 4-25 M 5:45-6:15pm  
#100407 Nov 1-22 M 5:45-6:15pm  
#100408 Dec 6-27 M 5:45-6:15pm

### Martial Arts — Karate Shotokan for Preschool

Location: Greystone Community Center  
Age: 3-5yrs. A good introductory class into blended Karate Shotokan with a young child's attention span in mind. This class starts off with a high energy warm up intended to burn off all that extra energy. The remainder of the class focuses on 'stranger danger' and basic self defense. An emphasis is placed on listening skills and respect of the parents and teachers. Try one class for free! Sensei Juan Manuel Rodriguez (B.Sc.) 4th. Dan Shotokan affiliated to: WKF - AAU. This class is for ages 3-5. Class Fee: \$50  
#98463 Sep 7-30 T,Th 4:00-5:00pm  
#98464 Oct 5-28 T,Th 4:00-5:00pm  
#98465 Nov 2-25 T,Th 4:00-5:00pm  
#98466 Dec 7-30 T,Th 4:00-5:00pm

### Martial Arts — Karate Tikes

Location: Laurel Hills Community Center  
Age: 4-6yrs. Karate Tikes blends karate and gym drills to teach basic self defense movements and concentration in a safe environment for young learners. No experience is necessary. Instructor: Cyndy Yu-Robinson. Class Fee: \$36

#### Ages 4-7

#98994 Sep 7-28 T 5:15-5:45pm  
#98995 Oct 5-26 T 5:15-5:45pm  
#98996 Nov 2-23 T 5:15-5:45pm  
#98997 Dec 7-28 T 5:15-5:45pm

### Open Gym for Tots

Location: Method Road Community Center  
Age: 3-5yrs. Open gym for preschool age youths using and playing with age appropriate equipment. Parents or teaching staff will need to be present and involved during play time. Registration is required.  
Class Fee: \$0

#100441 Sep 8-Oct 1 M,W,F 9:30am-12:00pm  
#100450 Oct 4-29 M,W,F 9:30am-12:00pm  
#100451 Nov 1-29 M,W,F 9:30am-12:00pm  
#100452 Dec 1-20 M,W,F 9:30am-12:00pm

### Preschool Fitness

Location: Roberts Park Community Center  
Age: 3-5yrs. This program teaches preschoolers the importance of physical fitness through games and recreation activities. Learn hand-to-eye, hand-to-foot coordination, follow instructions, numbers, colors and alphabets. Please register two weeks in advance. Class Fee: \$10  
#99332 Sep 4-Oct 2 Sa 9:30-10:30am  
#99333 Nov 6-20 Sa 9:30-11:00am

### Sports You and Me Too

Location: Marsh Creek Park  
Age: 3-5yrs. Watch your child experience new sports along side them. You and your little All-Star will make new friends, have fun, and play group games that will improve hand-eye coordination, muscular skills and balance. We cannot wait to see you teaming up with you special athlete! Instructor: Coach J. Class Fee: \$36  
#100961 Sep 4-25 Sa 10:00-10:45am  
#100962 Oct 2-23 Sa 10:00-10:45am  
#100963 Nov 6-20 Sa 10:00-10:45am  
#100964 Dec 4-25 Sa 10:00-10:45am

### Track Fit 101

Location: Marsh Creek Park  
Age: 3-5yrs. Don't they just love to run and race? This is a great way to build their skills with some form and structure. Track Fit aims to promote cardiovascular health and body awareness as it incorporates age appropriate multilevel hurdles, distance, agility drills and more fun! Instructor: Coach K. Class Fee: \$36  
#100774 Dec 1-22 W 2:15-3:00pm

### Youth

#### Curling, Twirling Ribbons — Youth

Location: Marsh Creek Park  
Age: 7-11yrs. They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains. Fun dance steps that are short, easy to follow and beautiful to see! Parent attendance is required. Instructor: Miss Khadija. Class Fee: \$42  
#100874 Nov 16-Dec 7 T 7:30-8:15pm

#### Dance — Show Case

Location: Marsh Creek Park  
Age: 4-7yrs. This is a 'Dance Recital' class. Some experience is good, but not necessary to learn the forms of dances. Styles will include modern, traditional and various techniques. A few would be ballet, modern, jazz, pop and tumble games will be instructed. Dancers will perform at the Show Case Concert. Instructor: Ms. Khadija. Class Fee: \$42  
#99692 Oct 29-Nov 19 F 5:30-6:15pm  
#99693 Dec 3-17 F 5:30-6:15pm

#### Fitness — Zumbatomic — Big Stars

Location: Greystone Community Center  
Age: 8-12yrs. Sure, chillin' out is cool. But rockin' out is a blast! That's why you're gonna love the Zumbatomic® fitness program for kids. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove. Class Fee: \$50  
#99893 Sep 7-28 T 4:30-5:00pm  
#99894 Oct 5-26 T 4:30-5:00pm  
#99895 Nov 2-23 T 4:30-5:00pm  
#99896 Dec 7-28 T 4:30-5:00pm

#### Fitness — Zumbatomic Little Stars

Location: Greystone Community Center  
Age: 4-7yrs. Sure, chillin' out is cool. But rockin' out is a blast! That's why you're gonna love the Zumbatomic® fitness program for kids. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove. Class Fee: \$25  
#99902 Sep 7-28 T 4:00-4:30pm  
#99903 Oct 5-26 T 4:00-4:30pm  
#99904 Nov 2-23 T 4:00-4:30pm  
#99905 Dec 7-28 T 4:00-4:30pm

#### Gymnastics — Elementary Tumblers

Location: Green Road Community Center  
Age: 4-11yrs. Fun exercise! Stunts, tumbling, balance and coordination are emphasized. Apparatus and floor routines are combined into movement patterns. Little/no experience required. Instructed by Coach K, NCAE certified. Class Fee: \$40  
#100777 Sep 3-24 F 4:00-4:45pm  
#100778 Oct 8-29 F 4:00-4:45pm  
#100779 Nov 12-Dec 10 F 4:00-4:45pm

#### Gymnastics — Tumblers

Location: Laurel Hills Community Center  
Age: 4-7yrs. Learn the basics of tumble gymnastics! This course will include skills and techniques for safety, form, rolls, obstacle course play, vaults and beams. Young gymnasts will experience the joy of performing stunts, flips, multi-jumps, tunnel fun, hoops, parachutes and more! Great for fitness, social and motor skills. Instructor: Coach K. Class Fee: \$40  
#98865 Oct 30-Nov 20 Sa 12:45-1:30pm  
#98866 Dec 11-18 Sa 12:45-1:30pm

#### Jammin' Hip to the Hop

Location: Marsh Creek Park  
Age: 6-9yrs. Learn the basics of jazz with a hip hop flare. Have fun with the latest street dancing while developing body awareness, self image, and confidence. Traditional and innovative steps introduced along with rhythmic movement. Learn heel toe, Atlanta stomp, step and more. Instructor: Ms. Khadija. Class Fee: \$42  
#100875 Oct 28-Nov 18 Th 7:30-8:15pm

#### Jump Rope Team

Location: Marsh Creek Park  
Age: 6-9yrs. Jump rope team dance for fitness and fun. Jump ropers learn and enhance skills. Single and double combinations with routines including turn-about, ins-outs, dips, twirls, footwork, turning and choreography. Instructor: Miss Khadija. Class Fee: \$40  
#100783 Oct 1-22 F 7:50-8:15pm  
#100784 Oct 29-Nov 19 F 7:50-8:15pm  
#100785 Dec 3-17 F 7:50-8:15pm

# Recreation offers the discovery of self expression and much needed family cohesion. Nancy M. Morrow

## Karate – Modified Isshinryu Style

Location: Eastgate Park

Age: 7-11 yrs. The style of martial arts taught in this class is based in Isshinryu karate with added elements of Aikido, Jui Jitsu, and kickboxing. Open to anyone without regard to physical ability, Sensei Michael Cassert sees martial arts as a means of 'self improvement' and believes confidence, discipline, respect, and esteem are built through this practice. In an environment that discourages aggression, students will learn self-defense tactics including striking, grappling, joint locking, and more. Class

Fee: \$44

#100721	Sep 6-30	M,Th	6:00-7:00pm
#100722	Oct 4-28	M,Th	6:00-7:00pm
#100723	Nov 1-29	M,Th	6:00-7:00pm
#100724	Dec 2-30	M,Th	6:00-7:00pm

## Karate Club

Location: Brier Creek Community Center

Age: 7-12 yrs. Upon completion of 8 weeks of Karate Kids, students move up to Club! Covers Kihon (basics), Kata (forms), Kumite (free sparring) and conditioning drills. Class meets twice a week. Instructors, Triangle Best Karate. Class Fee: \$44

#100415	Sep 1-27	M,W	6:35-7:30pm
#100416	Oct 4-27	M,W	6:35-7:30pm
#100417	Nov 1-24	M,W	6:35-7:30pm
#100418	Dec 1-27	M,W	6:35-7:30pm

## Karate Kids!

Location: Brier Creek Community Center

Age: 7-12 yrs. Beginner course with focus on character development, self defense, and conditioning benefits of shotokan karate. Kids wear exercise clothing (shorts and t-shirt). Instructors, Triangle Best Karate. Class Fee: \$36

#100388	Sep 1-22	W	5:45-6:15pm
#100389	Oct 6-27	W	5:45-6:15pm
#100390	Nov 3-24	W	5:45-6:15pm
#100391	Dec 1-22	W	5:45-6:15pm

## Karate: Little Tigers

Location: Pullen Community Center

Age: 5-7 yrs. This program will introduce your child to the art of Shorin-Ryu Karate, along with improving balance and coordination as well as leadership. Class Fee: \$25

#98131	Sep 11-Oct 2	Sa	10:00-10:45am
#98132	Oct 9-30	Sa	10:00-10:45am
#98133	Nov 6-27	Sa	10:00-10:45am

## Kinder Tae Kwon Do

Location: Lions Park Community Center

Age: 4-6 yrs. Martial arts class for youth. This program provides introductory instruction in Tae Kwon Do. Parents are encouraged to sit in and observe. Class

Fee: \$25

#99542	Sep 2-30	Th	6:30-7:30pm
#99543	Oct 7-28	Th	6:30-7:30pm
#99544	Nov 4-25	Th	6:30-7:30pm
#99545	Dec 2-23	Th	6:30-7:30pm

## Martial Arts – Advanced Shotokan Karate for Youth

Location: Green Road Community Center

Age: 6-16 yrs. In this time, Karate is a martial art sport and a great way to practice an important life skill of personal discipline. It is a sport and ancient art of self-defense. Karate is a way in life to help keep harmony between the body and mind. The mind should be trained like any other part of the body to help with concentration, relaxation and energy development. Come and PRACTICE KARATE with Sensei Juan Manuel Rodriguez (B.Sc) 4th. Sensei Rodriguez is dan shotokan affiliated WKF, AAU, FAK and IOC. Class Fee: \$60

#99050	Aug 30-Sep 27	M,W,F	7:00-8:00pm
#99051	Sep 29-Oct 27	M,W,F	7:00-8:00pm
#99052	Oct 29-Nov 24	M,W,F	7:00-8:00pm
#99053	Dec 1-29	M,W,F	7:00-8:00pm

## Martial Arts – Beginning Shotokan Karate for Youth

Location: Green Road Community Center

Age: 6-16 yrs. In this time, Karate is a martial art sport and a great way to practice an important life skill of personal discipline. It is a sport and ancient art of self-defense.

Karate is a way in life to help keep harmony between the body and mind. The mind should be trained like any other part of the body to help with concentration, relaxation and energy development. Come and PRACTICE KARATE with Sensei Juan Manuel Rodriguez (B.Sc) 4th. Sensei Rodriguez is dan shotokan affiliated WKF, AAU, FAK and IOC. Class Fee: \$60

#99041	Aug 30-Sep 27	M,W,F	6:00-7:00pm
#99042	Sep 29-Oct 27	M,W,F	6:00-7:00pm
#99043	Oct 29-Nov 24	M,W,F	6:00-7:00pm
#99044	Dec 1-29	M,W,F	6:00-7:00pm

## Martial Arts – Karate Kids

Location: Laurel Hills Community Center

Age: 7-18 yrs. Karate Kids introduces shotokan karate to develop self defense, quicker reflexes and conditioning. Etiquette, self control and respect are taught along with straight, correct punches, strikes and kicks in the spirit of traditional Japanese karate. Instructor: Cyndy Yu-Robinson. Class Fee: \$36

#98998	Sep 2-23	Th	5:00-5:45pm
#98999	Sep 30-Oct 21	Th	5:00-5:45pm
#99000	Oct 28-Nov 18	Th	5:00-5:45pm
#99001	Dec 2-30	Th	5:00-5:45pm

## Pom Pom Cheer

Location: Green Road Community Center

Age: 4-7 yrs. In this class we will do stunts, tumbling, cheers, gymnastics and more! Instructed by Coach 'K', BS Licensed

Certified, NCAE Certified. Class Fee: \$40

#100773	Sep 3-24	F	1:15-2:00pm
#100775	Oct 8-29	F	1:15-2:00pm
#100776	Nov 12-Dec 10	F	1:15-2:00pm

## Shotokan – Youth

Location: Barwell Road Community Center

Age: 6-14 yrs. Shotokan builds character through the training of martial arts.

Participants will master the different components of Shotokan style Karate. Benefits of the class will also include building confidence, increase motor skills, discipline, self defense, self control and more. Classes are held on Monday and Wednesday nights at 6-7pm. Instructor is Eric Blaize. Class Fee: \$15

#99342	Sep 1-29	M,W	6:00-7:00pm
#99343	Oct 4-27	M,W	6:00-7:00pm
#99344	Nov 1-29	M,W	6:00-7:00pm
#99345	Dec 1-29	M,W	6:00-7:00pm

## Soccer – Lil' Kickers

Location: Carolina Pines Community Center

Age: 4-5 yrs. Pass, Dribble, Kick, scooooo! Soccer class designed to teach the fundamentals of soccer. No class on January 18. Class Fee: \$28

#100305	Oct 11-Nov 8	M	6:00-6:45pm
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## Tae Kwon Do Youth

Location: Worthdale Community Center

Age: All Ages. Learn the art of self defense and discipline. Students will continue to refine their skills, learn different techniques and develop physical fitness. Class Fee: \$25

#100298	Sep 7-30	T,Th	6:30-7:30pm
#100299	Oct 5-28	T,Th	6:30-7:30pm
#100300	Nov 2-30	T,Th	6:30-7:30pm
#100301	Dec 7-30	T,Th	6:30-7:30pm

## Track Fit 101 – Youth

Location: Marsh Creek Park

Age: 6-9 yrs. Don't they just love to run and race? This is a great way to build their skills with some form and structure. Track Fit aims to promote cardiovascular health and body awareness as it incorporates age appropriate multilevel hurdles, distance, agility drills and more fun! Instructor: Coach K. Class Fee: \$40

#100780	Oct 1-22	F	6:30-7:15pm
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## Track Fit 4 Kids

Location: Laurel Hills Community Center

Age: 3-5 yrs. Don't they just love to run and race? This is a great way to build their skills with some form and structure. Track Fit aims

Track Fit 4 Kids continued next page —

## Track Fit 4 Kids continued —

to promote cardiovascular health and body awareness as it incorporates age appropriate multilevel hurdles, distance, agility drills and more fun! Instructor: Coach K. Class Fee: \$36

**Ages 3-5**

#99002 Oct 11-Nov 1 M 1:30-2:00pm

**Ages 4-7**

#99003 Sep 7-28 T 5:15-5:45pm

**ZumbaAtomic®**

Location: Laurel Hills Community Center  
Age: 6-10yrs. Zumbatomic® fitness program for kids is a mix of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and involves hula hoops, games, sharing and team work. Safe and effective.

Instructor: Ms. Bettie. Class Fee: \$30

#98945 Sep 20-Oct 25 M 5:00-5:45pm

#98946 Nov 1-Dec 6 M 5:00-5:45pm

## Teen

**Teen Wii**

Location: Carolina Pines Community Center  
Age: 12-17yrs. Show your parents how it is done! Workout in a co-ed fitness program using the Wii fit activities and Wii games.

Class Fee: \$20

#100344 Sep 1 W 3:00-6:00pm

#100345 Oct 1 F 3:00-6:00pm

#100346 Nov 1 M 3:00-6:00pm

#100347 Dec 1 W 3:00-6:00pm

## Adult

**Aerobics – Dancercise**

Location: Lake Lynn Community Center  
Age: 18yrs and up. Join instructor Pat Sorrell for a full body workout designed for ladies of all ages. Starting out slowly, through small dance routines (series of exercise patterns to music), we begin to build our endurance and our strength, gaining a new positive awareness of our bodies.

**Monday (only) fee: \$50**

#99118 Sep 13-Nov 15 M 5:45-7:00pm

**Tuesday (only) fee: \$50**

#99119 Sep 14-Nov 16 T 5:45-7:00pm

**Mondays and Wednesdays fee: \$100**

#99121 Sep 13-Nov 17 M,W 5:45-7:00pm

**Aerobics 24**

Location: Roberts Park Community Center  
Age: 18yrs and up. An exercise program designed to improve and maintain physical condition. It's time to take health seriously. Get in shape, improve cardiovascular health, muscle endurance, quality of life, feel and look better. All participants receive a complimentary weight room pass. A free fitness room membership if you have a friend register. Class Fee: \$18

#99739 Sep 6-Oct 7 M,Th 6:30-7:30pm

#99740 Oct 4-28 M,Th 6:30-7:30pm

#99741 Nov 1-22 M,Th 6:30-7:30pm

**Belly Dance – Shimmies**

Location: Marsh Creek Park

Age: 18yrs and up. Learn the ancient art that enhances self-confidence and helps you get fit! Have fun relieving stress while learning moves that help work out your core. Come shimmy with me! Instructor: Miss Kitty. Class Fee: \$50

#99655 Sep 2-30 Th 7:00-8:00pm

#99656 Sep 7-28 T 7:00-8:00pm

#99657 Oct 5-26 T 7:00-8:00pm

#99658 Oct 7-28 Th 7:00-8:00pm

#99659 Nov 2-30 T 7:00-8:00pm

#99660 Nov 4-18 Th 7:00-8:00pm

#99661 Dec 7-28 T 7:00-8:00pm

#99662 Dec 2-23 Th 7:00-8:00pm

**Belly Dance For Exercise – Beginners**

Location: Lake Lynn Community Center

Age: 18yrs and up. This class will introduce you into the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic

shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Wear comfortable pants. Shoes are not worn in class. Kasha instructs. For additional information go to Kasha's website: [www.kashabellydance.com](http://www.kashabellydance.com).

**Eight-Week Class (fee: \$80)**

#99126 Sep 13-Nov 1 M 7:00-8:00pm

**Six-Week Class (fee: \$60)**

#99127 Nov 8-Dec 13 M 7:00-8:00pm

**Belly Dance for Exercise – Beyond Basic**

Location: Lake Lynn Community Center

Age: 18yrs and up. After learning the basics of bellydance, move on to Beyond Beginning and learn choreography, zills, and veil routines. Opportunities for performing are provided along with information on costuming, makeup and jewelry. Kasha instructs. For more information on the program, visit Kasha's website at [www.kashabellydance.com](http://www.kashabellydance.com).

**Eight-Week Class (fee: \$80)**

#99128 Sep 13-Nov 1 M 8:00-9:00pm

**Six-Week Class (fee: \$60)**

#99129 Nov 8-Dec 13 M 8:00-9:00pm

**Bollywood Dance for Fun and Exercise**

Location: Lake Lynn Community Center

Age: 18yrs and up. Kasha will be teaching the exhilarating and beautiful Bollywood dance style of India. Incorporating both traditional Indian styles like Banghra as well as western influences like hip hop, you'll find that Bollywood dance is fun and energetic, as well as an excellent aerobic exercise. Women of all ages, shapes, sizes, and fitness levels are welcome—come prepared to have fun, shake your shoulders and swing your hips to this contagious fusion style of dance. It is a style that is easy to learn with no previous dance experience. Kasha will

be teaching a complete choreography in this class. Wear loose fitting clothing and soft-soled shoes or bare feet.

**Eight-Week Class (fee: \$88)**

#99130 Sep 7-Oct 26 T 7:00-8:00pm

**Six-Week Class (fee: \$66)**

#99131 Nov 9-Dec 14 T 7:00-8:00pm

**Cardio Fitness Workout Class**

Location: Lions Park Community Center

Age: 18-99yrs. Physically, Tae Kwon Do develops strength, speed, balance, flexibility, and stamina. Along with a cardio workout this class will focus on physical fitness.

By incorporating calisthenics, tae kwon do basics and cardio/strength training program that works on multiple body areas including core, arms and legs the design of the class is to increase physical fitness along with the benefits of a healthier body. Class Fee: \$20

#99539 Sep 3-24 F 7:30-8:30pm

#99538 Oct 1-22 F 7:30-8:30pm

#99540 Nov 5-Dec 3 F 7:30-8:30pm

#99541 Dec 3-31 F 7:30-8:30pm

**EveryBody Yoga with TJ**

Location: Lake Johnson

Age: All Ages. Yoga can help you release tension, stretch, strengthen, and energize your body along with lifting your spirits! TJ has taught yoga to adults and children of a variety of ages, shapes, sizes, and fitness levels. For those who have not yet discovered the benefits of yoga, or anyone looking for an accessible approach. Come and learn that the body you have right now is the one that is just right for doing yoga. TJ is a registered teacher at the 500-hour level and a member of the International Association of Yoga

Therapists. Class Fee: \$80

#100515 Sep 14-Nov 2 T 9:30-11:00am

#100518 Sep 14-Nov 2 T 6:00-7:30pm

#100525 Nov 9-Dec 14 T 9:30-11:00am

#100527 Nov 9-Dec 14 T 6:00-7:30pm

**Exercise – Tai Chi Continuing**

Location: Sertoma Arts Center

Age: 10yrs and up. An extension of beginning Tai Chi which involves reviews and new forms, along with more refinement of movements. Beginning Tai Chi class is not required, but students should have had some Tai Chi exercise or experience.

Instructor: Dr. Xiaogin Wu Turner. Class

Fee: \$48

#98306 Nov 9-Dec 14 T 5:00-6:00pm

**Exercise – Cardio Karate**

Location: Laurel Hills Community Center

Age: 16yrs and up. Experience the thrill, fun and excitement of Cardio Karate while burning calories through rigorous punching and kicking workouts. Cardio Karate is a great total body workout that teaches simple self defense techniques, while improving your balance, flexibility, coordination and endurance. Classes are designed for both beginner and more experienced kickboxers, and are medium to high impact. Instructor:

Jim LeClair. Class Fee: \$36  
 #98724 Sep 2-30 T,Th 7:15-8:00pm  
 #98725 Sep 2-30 T,Th 8:15-9:00pm  
 #98726 Oct 5-28 T,Th 7:15-8:00pm  
 #98727 Oct 5-28 T,Th 8:15-9:00pm  
 #98730 Nov 2-30 T,Th 7:15-8:00pm  
 #98729 Nov 2-30 T,Th 8:15-9:00pm  
 #98728 Dec 2-23 T,Th 7:15-8:00pm  
 #98731 Dec 2-23 T,Th 8:15-9:00pm

### Exercise – Cardio Karate Kenpo

Location: Marsh Creek Park

Age: 16yrs and up. Experience the thrill, fun and excitement of Cardio Karate while burning calories through rigorous punching and kicking workouts. Cardio Karate is a great total body workout that teaches simple self defense techniques, while improving your balance, flexibility, coordination and endurance. Classes are designed for both beginner and more experienced kickboxers, and are medium to high impact. Instructor:

Jim LeClair. Class Fee: \$54

#99685 Sep 1-29 M,W,F 7:15-8:00pm  
 #99686 Oct 1-29 M,W,F 7:15-8:00pm  
 #99687 Nov 1-29 M,W,F 7:15-8:00pm  
 #99688 Dec 1-22 M,W,F 7:15-8:00pm

### Exercise – Kripalu Yoga Beginning

Location: Sertoma Arts Center

Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breathing for relaxation, and meditation for the mind. Kripalu Yoga is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past

their limits. Before undertaking any exercise program one should consult a physician.

Bring a large towel or blanket and wear comfortable clothing. Instructor, Susan

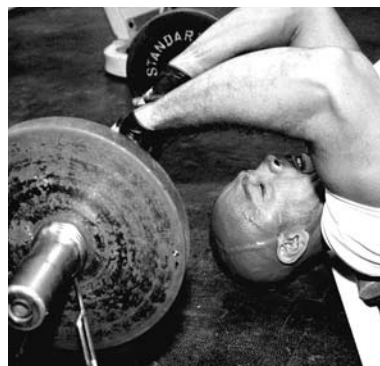
Kilmon. Class Fee: \$48

#98286 Sep 13-Oct 18 M 6:00-7:00pm  
 #98285 Nov 8-Dec 20 M 6:00-7:00pm  
 #98287 Sep 13-Oct 18 M 7:00-8:00pm  
 #98288 Nov 8-Dec 20 M 7:00-8:00pm  
 #98289 Sep 14-Oct 19 T 12:00-1:00pm  
 #98290 Nov 9-Dec 21 T 12:00-1:00pm  
 no class Nov 22-26

### Exercise – Kripalu Yoga Continuing

Location: Sertoma Arts Center

Age: 16yrs and up. This course is a continuation of Kripalu Yoga beginning class. Student's should have taken the beginning class or have yoga experience. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable



clothing. (Classes skip Nov 22-26)

Instructor, Susan Kilmon. Class Fee: \$48

#98291 Sep 15-Oct 20 W 7:00-8:00pm  
 #98292 Nov 10-Dec 22 W 7:00-8:00pm  
 #98293 Sep 16-Oct 21 Th 12:00-1:00pm  
 #98294 Nov 11-Dec 23 Th 12:00-1:00pm

### Exercise – Meditation

Location: Sertoma Arts Center

Age: 16yrs and up. Practice the art of inner listening and discover how insight and meditation can help you feel truly alive and connected with the treasure each moment brings. Bring a firm pillow and either a mat or blanket to each class. Susan Kilmon instructs. Class skips Nov 24. Class Fee: \$48  
 #98297 Sep 15-Oct 20 W 6:00-7:00pm  
 #98298 Nov 10-Dec 22 W 6:00-7:00pm

### Exercise – Nia

Age: 13yrs and up. Nia explores the body, mind, emotion, and spirit connection in a non-impact practice that combines martial arts, dance, and healing arts. It delivers a safe, effective cardiovascular workout with total body conditioning adaptable to all fitness levels. Before undertaking any exercise program one should consult a physician. To learn more visit [www.trianglenia.com](http://www.trianglenia.com). Instructor, Julie Ihrig or

Exercise Nia continued next page —

### Exercise – Weight Room/Fitness Centers

Age: 18yrs and up. Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

#### Barwell Road Class Fee: \$15

#98786 Sep 1-30  
 #98787 Oct 1-31  
 #98788 Nov 1-30  
 #98789 Dec 1-31

#### 6-month membership – Class Fee: \$75

#98790 Sep 1-Dec 31

#### Marsh Creek – Class Fee: \$15

#99080 Sep 1-30  
 #99082 Oct 1-31  
 #99083 Nov 1-30  
 #99084 Dec 1-31

#### Biltmore Hills – Class Fee: \$10

#98791 Sep 1-30  
 #98792 Oct 1-31  
 #98793 Nov 1-30  
 #98794 Dec 1-31

#### Brier Creek – Class Fee: \$15

#98795 Sep 1-30  
 #98796 Oct 1-31  
 #98797 Nov 1-30  
 #98798 Dec 1-31

#### 6-month membership – Class Fee: \$75

#98799 Sep 1-Dec 31

#### Carolina Pines – Class Fee: \$15

#98800 Sep 1-30  
 #98801 Oct 1-31  
 #98802 Nov 1-30  
 #98803 Dec 1-31

#### Chavis – Class Fee: \$10

#98804 Sep 1-30  
 #98807 Oct 1-31  
 #98805 Nov 1-30  
 #98806 Dec 1-31

#### Green Road – Class Fee: \$10

#98808 Sep 1-30  
 #98809 Oct 1-31  
 #98810 Nov 1-30  
 #98811 Dec 1-31

#### Halifax – Class Fee: \$15

#98812 Sep 1-30  
 #98813 Oct 1-31  
 #98814 Nov 1-30  
 #98815 Dec 1-31

#### Jaycee – Class Fee: \$13

#98816 Sep 1-30  
 #98817 Oct 1-31  
 #98818 Nov 1-30  
 #98819 Dec 1-31

#### Lake Lynn – Class Fee: \$15

#98820 Sep 1-30  
 #98821 Oct 1-31  
 #98822 Nov 1-30  
 #98823 Dec 1-31

#### Laurel Hills – Class Fee: \$15

#98824 Sep 1-30  
 #98825 Oct 1-31  
 #98826 Nov 1-30  
 #98827 Dec 1-31

#### 6-Month Membership – Class Fee: \$75

#98828 Sep 1-Dec 31

#### Lions – Class Fee: \$12

#98829 Sep 1-30  
 #98830 Oct 1-31  
 #98831 Nov 1-30  
 #98832 Dec 1-31

#### Method – Class Fee: \$12

#98833 Sep 1-30  
 #98834 Oct 1-31  
 #98835 Nov 1-30  
 #98836 Dec 1-31

#### Millbrook – Class Fee: \$15

#98837 Sep 1-30  
 #98838 Oct 1-31  
 #98839 Nov 1-30  
 #98840 Dec 1-31

#### Roberts – Class Fee: \$10

#98841 Sep 1-30  
 #98842 Oct 1-31  
 #98843 Nov 1-30  
 #98844 Dec 1-31

#### Tarboro – Class Fee: \$10

#98845 Sep 1-30  
 #98846 Oct 1-31  
 #98847 Nov 1-30  
 #98848 Dec 1-31

#### Worthdale – Class Fee: \$15

#98853 Sep 1-30  
 #98854 Oct 1-31  
 #98855 Nov 1-30  
 #98856 Dec 1-31

#### Pullen Community Center – Class Fee: \$10

#98101 Sep 1-30  
 #98102 Oct 1-30  
 #98103 Nov 1-30  
 #98104 Dec 1-31

#### Walnut Terrace – Class Fee: \$10

#98849 Sep 1-30  
 #98850 Oct 1-30  
 #98851 Nov 1-30  
 #98852 Dec 1-31

#### City-Wide Membership – Class Fee: \$20

#98857 Sep 1-30  
 #98858 Oct 1-31  
 #98859 Nov 1-30  
 #98860 Dec 1-31

## Exercise Nia continued —

Laura Ghantous. Class Fee: \$48

**Sertoma**

#98299	Sep 14-Oct 19	T	9:30-10:30am
#98300	Nov 9-Dec 14	T	9:30-10:30am
#98301	Sep 17-Oct 22	F	9:30-10:30am
#98302	Nov 5-Dec 17	F	9:30-10:30am
#98303	Sep 18-Oct 23	Sa	10:00-11:00am
#98304	Nov 6-Dec 18	Sa	10:00-11:00am

**Green Road**

#100823	Sep 2-Oct 21	Th	10:00-11:00am
#100827	Nov 4-Dec 30	Th	10:00-11:00am

**Exercise –****Qi Gong for Health and Strength**

Location: Brier Creek Community Center  
Age: 10yrs and up. Ancient Chinese health exercise designed to open internal energy channels and to build physical strength. Qi Gong incorporates many principles of Tai Chi but in a more basic form and is relatively simple to perform as a daily practice. The first part of the class focuses on relaxation and balancing internal energy flow. The second part focuses on strengthening muscles and bones, and improving the function of joints and spinal cord. A series of exercises model distinctive styles of movement from bear, tiger, deer, monkey, and crane. Each animal role emphasizes different health benefits and the student can choose a specific style of movement for specific result. Dr Xiaogin Wu Turner instructor. Class Fee: \$44

#100218	Sep 8-29	W	6:30-7:30pm
#100223	Oct 6-27	W	6:30-7:30pm

**Exercise – Tai Chi for Beginners**

Location: Sertoma Arts Center

Age: 10yrs and up. Tai Chi is a slow and continuous motion that is combined with a focus on physical balance and mental concentration. It is a moving meditation that relaxes body and mind. Many medical professionals endorse Tai Chi as therapeutic for various health conditions. The class will introduce basic skills of body alignment, balance, coordination, and breath control. Through the exercise of weight transfer and core rotation, students will enhance internal energy and build physical strength. Instructor: Dr. Xiaogin Wu Turner. Class Fee: \$48

#98305	Sep 14-Oct 19	T	5:00-6:00pm
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**Exercise – Tai Chi for Health**

Location: Brier Creek Community Center  
Age: 10mos and up. Tai Chi is a slow and continuous motion that is combined with an internal focus on enhancing energy, physical balance, and mental concentration.

Scientific studies have verified many of the benefits of Tai Chi exercise, and many medical professionals endorse Tai Chi as therapeutic for various health conditions such as balance difficulties, heart disease, high blood pressure and arthritis. Tai Chi is easy to practice. It integrates natural exercise with a joyful reflective approach to daily life. It is suitable for youths and adults of any age and varying physical ability. The class will introduce basic skills of body alignment, balance, coordination, breath control while building physical strength. Instructor: Dr. Turner. Class Fee: \$44

#101077	Sep 14-Oct 5	T	7:00-8:00pm
#101078	Oct 12-Nov 2	T	7:00-8:00pm

**Fitness – Yoga at Brier Creek**

Location: Brier Creek Community Center  
Age: 16yrs. and up. This class is for people of all levels of experience. Yoga is an excellent way to increase muscular strength and endurance, flexibility, posture, and balance. It is also an effective practice for achieving mental balance and reducing stress. Other areas known to benefit from practicing yoga include high blood pressure, diabetes, concentration, mood, back pain, arthritis, and asthma. Come join us and learn ways that you can apply the benefits of yoga to your everyday life! Instructor: Kat Kimbell, Yogafit Certified. Class Fee: \$40

#100985	Sep 2-23	Th	6:15-7:20pm
#100986	Sep 30-Oct 21	Th	6:15-7:20pm
#100987	Oct 28-Nov 18	Th	6:15-7:20pm
#100988	Dec 2-30	Th	6:15-7:20pm
#100989	Sep 11-Oct 2	Sa	9:00-10:05am
#100990	Oct 9-30	Sa	9:00-10:05am
#100991	Nov 6-20	Sa	9:00-10:05am
#100992	Dec 4-18	Sa	9:00-10:05am

**Fitness – CardioFunk/Dancercise**

Location: Greystone Community Center  
Age: 18yrs and up. Come try this fun cardio class. You'll have so much fun dancing that you won't even know you're working out! Fool your body into getting fit! Jazz, Funk, Disco, Latin, it's all fun! Class Fee: \$42

#99858	Sep 6-27	M	5:00-6:00pm
#99859	Oct 4-25	M	5:00-6:00pm
#99860	Nov 1-29	M	5:00-6:00pm
#99861	Dec 6-27	M	5:00-6:00pm

**Fitness – Hip Hop Hustle**

Location: Greystone Community Center  
Age: 18-99yrs. This high impact fitness class will help get your heart rate pumping while having FUN!! Focusing on short, choreographed dance routines, this course will help develop a strong sense

of accomplishment while keeping you in great shape. No previous dance experience required. Class Fee: \$42

#99920	Sep 1-22	W	3:00-4:00pm
#99921	Oct 6-27	W	3:00-4:00pm
#99922	Nov 3-24	W	3:00-4:00pm
#99923	Dec 1-22	W	3:00-4:00pm

**Fitness – Kickboxing**

Location: Brier Creek Community Center  
Age: 16yrs and up. Experience the thrill, fun and excitement of cardio kickboxing while burning calories through rigorous punching and kicking workouts. Great total body workout designed for the beginner and more experienced kickboxer. Instructors, Triangel Best Karate. Class Fee: \$36

#100437	Sep 1-27	M,W	7:45-8:30pm
#100438	Oct 4-27	M,W	7:45-8:30pm
#100439	Nov 1-24	M,W	7:45-8:30pm
#100440	Dec 1-27	M,W	7:45-8:30pm

**Fitness – Laughter Yoga**

Location: Laurel Hills Community Center  
Age: 16yrs and up. Funny or not, laughing is good for you! It lowers blood pressure, improves the immune system, increases oxygen levels and is a good aerobic exercise. Laughter Yoga incorporates yogic breathing into laughter exercises, concluding with a deep relaxation. On average children laugh over 400 times a day, adults laugh less than 20 times a day. The class teaches students to remember to laugh again and have playful fun. Instructor: Rozzy Kachuck, certified by Dr. Kataria School of Laughter Yoga. Class Fee: \$40

**Laurel Hills Community Center**

#98957	Sep 2-30	Th	11:00-11:45am
#98958	Sep 2-30	Th	7:30-8:15pm
#98959	Oct 7-28	Th	11:00-11:45am
#98960	Oct 7-28	Th	7:30-8:15pm
#98964	Nov 4-18	Th	11:00-11:45am
#98965	Nov 4-18	Th	7:30-8:15pm
#98966	Dec 2-23	Th	11:00-11:45am
#98967	Dec 2-23	Th	7:30-8:15pm

**Brier Creek Community Center**

#100017	Sep 1-29	W	8:00-8:45am
#100077	Sep 1-29	W	6:30-7:15pm
#100084	Oct 6-27	W	8:00-8:45am
#100092	Oct 6-27	W	6:30-7:15pm
#100104	Nov 3-24	W	8:00-8:45am
#100115	Dec 1-22	W	8:00-8:45am
#100123	Dec 1-22	W	6:30-7:15pm

**Fitness – Party-cise**

Location: Ralph Campbell Community Center  
Age: 15yrs and up. Party-Cise Fitness classes, we are turning the lights down and the music up. This is a real live party atmosphere, where you have so much fun that you will forget that you're actually

**Leisure recreation is a state of mind. It is an inner place of peace and a bridge which connects to others in a meaningful way.** from the poem of Kathy O. Keffee



getting your workout on! Our students love the party approach to fitness. Each class is different, as the dance style and music genre are rotated to keep the material fresh and exciting! Class Fee: \$10

#99752	Sep 2-30	T,Th	6:15-7:30pm
#99753	Oct 5-28	T,Th	6:15-7:30pm
#99754	Nov 2-30	T,Th	6:15-7:30pm
#99755	Dec 2-30	T,Th	6:15-7:30pm

### Fitness – Personal Trainer

Location: Pullen Community Center  
Age: 16yrs and up. Certified Personal Trainer, Advanced Personal Trainer and Senior Fitness Specialist, Ervin Mitchell, Sr. can help you design a workout that is right for you. Focus on increasing your flexibility, body toning, strength training, and cardiovascular fitness. One hour sessions are available by appointment only. Class Fee: \$30/one hour session.

### Fitness – Step Aerobics

Location: Greystone Community Center  
Age: 18yrs and up. Learn the basics to step aerobics while getting a great workout! We'll also be working on some choreography involving interval cardio and drills. Tons of fun while getting in shape! Class Fee: \$42

#99854	Sep 7-28	T	10:00-11:00am
#99855	Oct 5-26	T	10:00-11:00am
#99856	Nov 2-30	T	10:00-11:00am
#99857	Dec 7-28	T	10:00-11:00am

### Fitness – Weight Loss Challenge

Location: Laurel Hills Community Center  
Age: 18yrs and up. Join a group whose goal is for each participant to learn about

nutrition and healthy habits, adopt healthy lifestyle changes and to gain better health, lose weight and inches and HAVE FUN! Features include private weekly weigh-in and measuring, nutrition classes, body analysis/ metabolism test, personal coaching and mentoring and group support with friendly competition. Plus, if you bring two friends, you will receive a free gift! Class Fee: \$35

#98688	Sep 13-Nov 8	M	7:00-7:45pm
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### Fitness – Women of Steel

Location: Laurel Hills Community Center  
Age: 18yrs and up. Did you know that weight training has been proven to strengthen bones in women and speed their metabolism? This class will start with a gentle warm up, followed by forty five minutes of weight training; two sets of upper and lower body workouts and then to the floor to include abs and stretching. Participants will need to bring their own weights. Class Fee: \$45

#98953	Sep 20-Oct 25	M	7:00-7:45pm
#98954	Nov 1-Dec 6	M	7:00-7:45pm

### Fitness – Zumba

Location: Greystone Community Center  
Age: 18yrs and up. Zumba is the latest fitness craze! It is a Latin-inspired aerobic fitness class using rhythms from Salsa, Merengue, Cumbia, Samba, Cha Cha, and other Latin music. A mixture of body sculpting movements combined with easy to follow, fun dance steps! We like to call it 'EXERCISE IN DISGUISE'. Come dance those

calories away! Class Fee: \$42

#99879	Sep 6-27	M	6:00-7:00pm
#99880	Oct 4-25	M	6:00-7:00pm
#99881	Nov 1-22	M	6:00-7:00pm
#99882	Dec 6-27	M	6:00-7:00pm

### Focused Fitness at Jaycee Park

Location: Jaycee Community Center  
Age: 16-99yrs. A certified personal trainer who offers an hour long outdoor boot camp for first time exercisers, and to those who are looking for a change to their workout in a fun, community-based safe environment. No gyms to join! Class Fee: \$80

#100119	Sep 8-Oct 4	M,W	9:30-10:30am
#100120	Oct 11-Nov 3	M,W	9:30-10:30am

### Fun Fit

Location: Worthdale Community Center  
Age: 18-65yrs. Get fit and have fun through exercising to a variety of music, easy dance steps and line dancing. Participants will receive a complimentary weight room pass. Class Fee: \$30

#100311	Sep 14-16	T,Th	6:00-7:00pm
#100312	Oct 5-7	T,Th	6:00-7:00pm
#100313	Nov 2-4	T,Th	6:00-7:00pm
#100314	Dec 7-9	T,Th	6:00-7:00pm

### Gospelcise – Barwell Road

Location: Barwell Road Community Center  
Age: 17yrs and up. Join instructor Erika Little as she leads you on a hour long class that has you moving to some of the best gospel music of the day all the while shedding those unwanted pounds. Join the class for the whole six week period or join on a week by week basis (as space permits). This class is sure to get you moving and feeling great! Class Fee: \$30

#100424	Sep 14-Oct 19	T	6:30-7:30pm
#100425	Oct 26-Nov 30	T	6:30-7:30pm

### Happy Happy Feet

Location: Roberts Park Community Center  
Age: All Ages. A walking program. Your feet will be happy to contribute to your improved health. An inexpensive exercise program that provides both therapeutic and social benefits. One foot in front of the other and you are on your way to a healthier and happier life. Class Fee: \$5

#99315	Oct 6-27	W	9:30-10:30am
#99316	Nov 4-18	Th	9:30-10:30am

### Martial Arts – Aikido

Location: Green Road Community Center  
Age: 16yrs and up. Aikido is a fantastic program that has been running strong for over 10 years at Green Road. Aikido is the Martial Art that focuses on using minimum effort with maximum efficiency by using throws, joint holds, chokes and body movements to avoid attack. In addition, it concentrates on self defense strategy and technique as well as staying in good shape. Class Fee: \$70

#99031	Aug 31-Oct 21	T,Th	7:15-8:45pm
#99032	Oct 26-Dec 21	T,Th	7:15-8:45pm

Adult Fitness continued next page —

Adult Fitness continued —

### Martial Arts – Shotokan Karate for Adults

Location: Green Road Community Center  
Age: 16yrs and up. In this time, Karate is a martial art sport and a great way to practice an important life skill of personal discipline. It is a sport and ancient art of self-defense. Karate is a way in life to help keep harmony between the body and mind. The mind should be trained like any other part of the body to help with concentration, relaxation and energy development. Come and PRACTICE KARATE with Sensei Juan Manuel Rodriguez (B.Sc) 4th. Sensei Rodriguez is dan shotokan affiliated WKF, AAU, FAK and IOC. Class Fee: \$60

#99054	Aug 30-Sep 27	M,W,F	8:00-9:00pm
#99055	Sep 29-Oct 27	M,W,F	8:00-9:00pm
#99056	Oct 29-Nov 24	M,W,F	8:00-9:00pm
#99057	Dec 1-29	M,W,F	8:00-9:00pm

### More Yoga with TJ

Location: Lake Johnson  
Age: All Ages. Yoga can help you release tension, stretch, strengthen, and energize your body along with lifting your spirits! For those who have a background in yoga and are looking for a yoga experience that opens to more strength, more stamina and flexibility through a deeper exploration of the poses. TJ is a registered yoga teacher at the 500-hour level and a member of the International Association of Yoga Therapists. Class Fee: \$80

#100532	Sep 15-Nov 3	W	6:00-7:30pm
#100533	Nov 10-Dec 15	W	6:00-7:30pm

### Prenatal Fitness

Location: Greystone Community Center  
Age: 18-50yrs. Having a baby is a wonderful time for a mom, and this fitness class is designed to help prepare you for that bundle of joy! This class focuses on muscular endurance, strength, stretching and flexibility in a safe and friendly environment. We will be doing very low-impact exercises and this class is designed for people of low to moderate fitness levels pre-pregnancy. Carrie Schlegel an ACE certified personal trainer will be the instructor. Class Fee: \$40

#100333	Sep 1-22	W	10:20-11:15am
#100334	Oct 6-27	W	10:20-11:15am
#100335	Nov 3-24	W	10:20-11:15am
#100336	Dec 1-22	W	10:20-11:15am

### Shotokan – Adults

Location: Barwell Road Community Center  
Age: 15yrs and up. Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Have fun, learn a traditional martial art and enjoy a challenging workout! Class is on Mondays and Wednesdays from 7-8pm.

Instructor is Eric Blaiz. Class Fee: \$15

#99338	Sep 1-29	M,W	7:00-8:00pm
#99339	Oct 4-27	M,W	7:00-8:00pm
#99340	Nov 1-29	M,W	7:00-8:00pm
#99341	Dec 1-29	M,W	7:00-8:00pm

### Stretch and Tone

Location: Lake Lynn Community Center  
Age: 18yrs and up. This class is designed to strengthen your muscles and tone your body. We will use weights to build endurance and strength. All levels of participants will enjoy the benefit of stronger muscles. Once your muscles become stronger, they will be toned up for a longer, leaner look. This class is a great supplemental workout routine. Pat Sorrell instructs. Class Fee: \$50

#99124	Sep 18-Nov 20	Sa	9:15-10:30am
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### Sunset Yoga on the Docks

Location: Durant Nature Park  
Age: 14yrs and up. Experience yoga in the tranquil setting of Durant Nature Park as the sun colors the sky above and the water below. Claudia Conty instructs. Class Fee: \$40

#98228	Sep 13-Oct 4	M	6:30-7:30pm
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### Turbo Kick

Age: 16yrs and up. Turbo Kick is a group exercise class that combines kickboxing with dance and funk movements. Turbo Kick offers an addictive cardio workout set to motivating high energy music within a party like atmosphere. The class incorporates upper and lower body movements along with bouts of more intense intervals. Options for both high and low impact techniques are taught. Class Fee: \$32

#### Sanderford Road Park

#98969	Sep 1-Oct 6	W	6:15-7:15pm
#98970	Oct 13-Nov 17	W	6:15-7:15pm

#### Optimist Community Center

#100911	Sep 4-Oct 9	Sa	9:30-10:30am
#100912	Oct 16-Nov 20	Sa	9:30-10:30am

### Yoga at Green Road

Location: Green Road Community Center  
Age: 18yrs and up. The human body is a work of art when considering the multiple layers of color, texture, shape and definition. A framework of bones with muscles attached creates the outside covering of our being that moves us through the world. The core muscle group wraps like a girdle around the midsection of the body. These muscles join and support both the upper and lower parts of our body while creating and supporting alignment of the spine. Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga

pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity. Instructor: Susan King, LMBT. Students may pay per class or purchase an 8-class punch pass. Class Fee: \$42

#### 8-class punch pass

#100832	Sep 1-Dec 29	W	10:00-11:00am
#100833	Sep 1-Dec 29	W	10:00-11:00am
#100834	Sep 1-Dec 29	W	10:00-11:00am
#100835	Sep 1-Dec 29	W	10:00-11:00am

#### Single Class

#100831	Sep 1	W	10:00-11:00am
#100836	Sep 8	W	10:00-11:00am
#100837	Sep 15	W	10:00-11:00am
#100838	Sep 22	W	10:00-11:00am
#100839	Sep 29	W	10:00-11:00am
#100840	Oct 6	W	10:00-11:00am
#100841	Oct 13	W	10:00-11:00am
#100842	Oct 20	W	10:00-11:00am
#100843	Oct 27	W	10:00-11:00am
#100844	Nov 3	W	10:00-11:00am
#100845	Nov 10	W	10:00-11:00am
#100846	Nov 17	W	10:00-11:00am
#100847	Nov 24	W	10:00-11:00am
#100848	Dec 1	W	10:00-11:00am
#100849	Dec 8	W	10:00-11:00am
#100850	Dec 15	W	10:00-11:00am
#100851	Dec 22	W	10:00-11:00am
#100852	Dec 29	W	10:00-11:00am

### Yoga Fitness

Location: Pullen Community Center  
Age: 18yrs and up. Treat your body to much needed stretches and release stress in a yoga class. A combination of meditations and stretches that help with flexibility, posture, and stress relief. Class Fee: \$40

#98147	Sep 8-Nov 10	W	5:00-6:00pm
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### Yoga Fitness Plus

Location: Pullen Community Center  
Age: 18yrs and up. Core strengthening and stretching. Surge into sun salutations, poses, and reflective meditation. Free flowing and fun. Previous knowledge of yoga fitness is required. Class Fee: \$50

#98148	Sep 10-Nov 12	F	5:00-6:30pm
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### Yoga – Relaxing Latin Music/ Yoga – Musica Latina Relajante

Location: Marsh Creek Park  
Age: 18yrs and up. This class celebrates the versatility of yoga. You will move from powerful poses that heat the body and work the major muscle groups, to restorative poses that strengthen the ligaments and tendons. While moving the body through poses, we will listen to relaxing Latin music. The instructor has knowledge of the Spanish language so Spanish speakers are welcome to join. Some knowledge of yoga is helpful, but not necessary. Esta clase celebra la versatilidad del yoga. Usted se moverá en diferentes posiciones que le darán calentamiento al cuerpo para así ejercitar los músculos mayores

**The first wealth is health.** Emerson

del cuerpo, se practicarán posiciones restaurativas que le ayudarán a fortalecer los ligamentos y tendones. Escucharemos música Latina relajante al mismo tiempo de hacer movimientos en diferentes posiciones. Participantes de habla hispana son bienvenidos en esta clase ya que el instructor tiene conocimiento del idioma español. Conocimiento básico del yoga es importante pero no necesario. Class Fee: \$55

#100302	Sep 1-Oct 6	W	5:30-6:45pm
#100354	Oct 20-Nov 24	W	5:30-6:45pm

### Yoga – Beginning

Location: Lake Lynn Community Center  
Age: 16yrs and up. Never tried yoga or need to get back to it? The Hatha style of yoga is appropriate for beginners and concentrates on breathing, posture, stretching and calmness. Join Pat Sorrell for a class to experience the relaxation of mind and body. All levels welcomed. Class Fee: \$80

#99122	Sep 16-Nov 18	Th	6:00-7:15pm
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### Yoga – Continuing

Location: Lake Lynn Community Center  
Age: 18yrs and up. Continue your yoga journey, learning new poses, exploring different breathing techniques and learning more about yoga's guidelines for a more conscious living. Pat Sorrell instructs. Must have some yoga experience to join this class. Class Fee: \$80

#99123	Sep 16-Nov 18	Th	7:30-8:45pm
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### Zumba at Biltmore Hills

Location: Biltmore Hills Community Center  
Age: 18-111yrs. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Class Fee: \$40

#100545	Sep 7-30	T,Th	6:00-7:00pm
#100546	Oct 5-28	T,Th	6:00-7:00pm
#100547	Nov 2-25	T,Th	6:00-7:00pm
#100548	Dec 7-30	T,Th	6:00-7:00pm

### Zumba Beginner

Location: Laurel Hills Community Center  
Age: 18yrs and up. This class consists of basic warm up for 6-8 minutes. Then some low impact 'Latin' moves, along with the traditional fit moves for 40 minutes. We will follow up with 8-10 minutes of cool down. Together, this is a great combination of Latin music and moves with a fun attitude! You do not have to be a dancer to do this! This class is ideal for all adults just getting started in fitness (including seniors!) with a fun attitude in fitness! Instructor is AFAA Group Fitness and Zumba Certified. Instructor: Ms. Bettie. Class Fee: \$45

#98949	Sep 20-Oct 25	M	6:00-6:45pm
#98950	Nov 1-Dec 6	M	6:00-6:45pm

## Senior

### Chair Yoga

Location: Jaycee Community Center  
This gentle beginning class for older adults includes: stretches to increase one's range of motion, simple balancing poses to strengthen muscles that support your joints, and breath awareness to calm and release tension. All poses can use the support of a chair. For further information contact Carmen at 807-8525. Class Fee: \$15

#98096	Sep 7-28	T	10:00-11:00am
#98097	Oct 5-26	T	10:00-11:00am
#98098	Nov 2-30	T	10:00-11:00am
#98099	Dec 7-28	T	10:00-11:00am

### Exercise – Kripalu Yoga for Seniors

Location: Sertoma Arts Center  
Age: 55yrs and up. This chair class is designed for seniors and other with varying degrees of mobility. Yoga can help relax tense muscles, loosen joints, strengthen muscles, improve digestion, circulation, and reduce high blood pressure and anxiety. You will learn gentle stretching and breathing techniques. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor, Susan Kilmon. Class Fee: \$48

#98295	Sep 14-Oct 19	T	1:30-2:30pm
#98296	Nov 9-Dec 21	T	1:30-2:30pm
no class Nov 22-26			

### Exercise – Parkview Manor

Location: Non-City Owned Site  
This program is offered at Parkview Manor Apartments, which is located at 911 North Blount Street. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee: \$0

#99356	Sep 2-Dec 30	M	11:00-11:30am
		Th	2:00-2:30pm

### Fitness – Seniors In Motion

Location: Laurel Hills Community Center  
Age: 18yrs and up. This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements. Class Fee: \$20

#99358	Sep 1-29	W,F	10:15-11:15am
#99359	Oct 1-29	W,F	10:15-11:15am
#99360	Nov 3-24	W,F	10:15-11:15am
#99361	Dec 1-31	W,F	10:15-11:15am

### Horseshoes

Location: Non-City Owned Site  
Age: 50yrs and up. Practice your horseshoe skills with other adults. Equipment is provided. This activity takes place at Athens Drive High School every Tuesday and Saturday weather permitting. Call 831-6851 for more information. Class Fee: \$0

#99364	Sep 4-Dec 28	T,Sa	9:00-10:30am
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### Senior Fitness – Walking Groups

Age: 50yrs and up. Walking is a great and easy way to improve your health and a wonderful social activity. There are several walking groups throughout Raleigh and the surrounding areas. Class Fee: \$0

#### Lions Walking Group

#99547	Sep 2-Dec 16	Th	11:00am-2:00pm
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**Laurel Hills – Capital City Striders**

#98632	Sep 3-Dec 17	F	10:15-11:15am
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### Senior Weight Training

Location: Roberts Park Community Center  
Age: 55yrs and up. A program designed to help persons 55 and older get into shape and tone those hidden muscles. Feel better and meet new friends. Be prepared to receive many compliments on your new appearance. Class Fee: \$5

#99334	Sep 7-28	T	3:00-7:00pm
#99335	Oct 5-Nov 2	T	3:00-7:00pm
#99336	Nov 2-16	T	3:00-7:00pm
#99337	Dec 7-21	T	3:00-7:00pm

### Seniortoise

Age: 55yrs and up. Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. There are different instructors for each location. Class Fee: \$15

#### Millbrook Exchange Community Center

#99187	Sep 2-30	T,Th	10:15-11:00am
#99188	Oct 5-28	T,Th	10:15-11:00am
#99194	Nov 4-30	T,Th	10:15-11:00am
#99189	Dec 2-28	T,Th	10:15-11:00am

#### Pullen Community Center

#98140	Sep 2-30	T,Th	2:00-2:45pm
#98141	Oct 5-28	T,Th	2:00-2:45pm
#98142	Nov 2-30	T,Th	2:00-2:45pm
#98143	Dec 2-28	T,Th	2:00-2:45pm

#### Greystone Recreation Center

#99909	Sep 6-Oct 1	M,F	10:00-11:00am
#99910	Oct 4-29	M,F	10:00-11:00am
#99911	Nov 1-26	M, F	10:00-11:00am
#99912	Dec 6-31	M,F	10:00-11:00am

#### Lake Lynn Community Center

#101036	Sep 7-30	T,Th	10:00-11:00am
#101037	Oct 5-28	T,Th	10:00-11:00am
#101038	Nov 2-30	T,Th	10:00-11:00am
#101039	Dec 2-28	T,Th	10:00-11:00am

### Seniortoise 2

Location: Greystone Community Center  
Age: 55-99yrs. Low impact exercises for active older adults designed to not only maintain but improve your health. This class is designed for men and women who currently exercise regularly and are looking for a little more from a fitness class. Light weights, 5-8lbs., as well as exercise bands are recommended for this class. Class Fee: \$20

#100338	Sep 1-22	W	9:20-10:15am
#100339	Oct 6-27	W	9:20-10:15am
#100340	Nov 3-24	W	9:20-10:15am
#100341	Dec 1-22	W	9:20-10:15am

Senior Fitness continued next page —

Senior Fitness continued —

### Shuffleboard

Location: Non-City Owned Site  
Age: 50yrs and up. Practice and play shuffleboard with other adults. Equipment is provided. This activity takes place at Athens Drive High School every Tuesday and Saturday weather permitting. Call 831-6851 for more information. Class Fee: \$0  
#99385 Sep 4-7 T,Sa 9:00am-12:00pm

### Shuffleboard – Open Play

Location: Millbrook Exchange Community Ctr  
Age: 18yrs and up. Practice and play Shuffleboard with others! Equipment will be provided for use in the center. This program is free and open to the public. No instruction provided. Registration is required. Call 872-4156 for additional information. Class Fee: \$0  
**Millbrook – Shuffleboard**  
#99097 Sep 2-Dec 28 T,Th 10:30am-12:30pm

## Family

### Bomba and Plena Folk Dance/ Baile Folklorico Bomba y Plena

Location: Peach Road  
Age: 16yrs and up. Bomba and Plena is one of Puerto Rico's most famous musical styles. In this class, you will learn a typical folk dance that is still thriving in Puerto Rico. Dancers will move their bodies to every beat of the drum (pre-recorded music). Come get fit as you learn this wild and exciting dance! Bomba y Plena es uno de los más populares estilos de bailes puertorriqueños. En esta clase, usted aprenderá este baile de folklor típico que todavía florece en Puerto Rico. Los participantes moverán sus cuerpos al ritmo del tambor (música pre-grabada.) ¡Ven y aprende este baile tan excitante y al mismo tiempo ponte en forma! Class Fee: \$20  
#99631 Sep 10-Oct 15 F 6:30-7:30pm  
#99632 Nov 5-Dec 17 F 6:30-7:30pm

### Karate – Okinawan Shorin-Ryu

Location: Pullen Community Center  
Age: 7yrs and up. This program will help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata. Class Fee: \$44

#### Pullen Community Center

#98127	Sep 2-30	T,Th	6:00-7:00pm
#98128	Oct 5-28	T,Th	6:00-7:00pm
#98130	Nov 2-30	T,Th	6:00-7:00pm
#98129	Dec 2-30	T,Th	6:00-7:00pm

#### Lake Lynn Community Center

#99451	Sep 1-27	M,W	6:00-7:00pm
#99452	Oct 4-27	M,W	6:00-7:00pm
#99453	Nov 1-24	M,W	6:00-7:00pm
#99454	Nov 29-Dec 22	M,W	6:00-7:00pm

### Karate – Modified Isshinryu Style

Location: Eastgate Park  
Age: 13yrs and up. The style of martial arts taught in this class is based in Isshinryu karate with added elements of Aikido, Jui Jitsu, and kickboxing. Open to anyone

without regard to physical ability, Sensei Michael Cassert sees martial arts as a means of 'self improvement' and believes confidence, discipline, respect, and esteem are built through this practice. In an environment that discourages aggression, students will learn self-defense tactics including striking, grappling, joint locking, and more. Class Fee: \$44

#### 13yrs and up

#100725	Sep 6-30	M,Th	7:00-8:00pm
#100726	Oct 4-28	M,Th	7:00-8:00pm
#100727	Nov 1-29	M,Th	7:00-8:00pm
#100728	Dec 2-30	M,Th	7:00-8:00pm

### Kung Fu 101 – Sanderford

Location: Sanderford Road Park  
Age: 9yrs and up. Students will learn the basics of the 4,000 year old martial art of Chinese Kung Fu. Sifu Rheji Burrell will personally instruct individuals on proper stances, strikes, kicks, stretching, strength, balance, and endurance. Chi techniques as well as commands and terminology will be discussed. This course is also designed to increase self awareness, self discipline and self confidence. Interested yet? See you at Sanderford! Class Fee: \$60

#98868	Sep 7-30	T,Th	5:30-6:30pm
#98869	Oct 5-28	T,Th	5:30-6:30pm
#98870	Nov 2-25	T,Th	5:30-6:30pm
#98871	Dec 7-30	T,Th	5:30-6:30pm

### Latin Rhythms with Zumba

Location: Pullen Community Center  
Age: All Ages. Hypnotic latin rhythms and easy to follow moves create a dynamic fitness program for the whole family. Working out can be fun. You will love working out while the calories are burning, your body-energizing while the movements are captivating your life. Class Fee: \$28  
#98137 Sep 13-Oct 4 M 6:45-7:45pm  
#98138 Oct 11-Nov 1 M 6:45-7:45pm  
#98139 Nov 8-29 M 6:45-7:45pm  
#98136 Dec 6-27 M 6:45-7:45pm

### Martial Arts – American Kenpo Karate

Location: Laurel Hills Community Center  
Age: 7yrs and up. Learn traditional American Kenpo Karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self defense. All students from youth to adult will enjoy personal benefits from karate while challenging yourself both mentally and physically. This is a family class, have fun while learning together. Classes taught by certified organization. Testing and certification will require an additional \$25 fee paid to instructor. Instructor: Mr. Jim LeClair. Class Fee: \$44

#98715	Sep 2-30	T,Th	6:00-7:00pm
#98716	Oct 5-28	T,Th	6:00-7:00pm
#98717	Nov 2-30	T,Th	6:00-7:00pm
#98718	Dec 2-23	T,Th	6:00-7:00pm

### Mixed Martial Arts

Location: Roberts Park Community Center  
Age: 6-70yrs. A combination of Tae Kwon Do, Shotokan, Wing-Chun Fu and American Kick Boxing. Martial Arts works on character development and the building of confidence. Improve mental and physical health while learning self defense. Be a part of the excitement. Class Fee: \$25

#99319	Sep 4-28	T,Sa	12:00-1:30pm
#99320	Oct 2-30	T,Sa	12:00-1:30pm
#99321	Nov 2-30	T,Sa	6:30-8:00pm
#99322	Dec 4-21	T,Sa	12:00-1:30pm

### Mixed Martial Arts (Individual)

Location: Roberts Park Community Center  
Age: 6-70yrs. A combination of Tae Kwon Do, Shotokan, Wing-Chun Fu and American Kick Boxing. Martial Arts works on character development and the building of confidence. Improve mental and physical health while learning self defense. Be a part of the excitement. Class Fee: \$25

#99319	Sep 4-28	T,Sa	12:00-1:30pm
#99320	Oct 2-30	T,Sa	12:00-1:30pm
#99321	Nov 2-30	T,Sa	6:30-8:00pm
#99322	Dec 4-21	T,Sa	12:00-1:30pm

### Mommy Fitness

Location: Greystone Community Center  
Age: 18-55yrs. Having a new baby doesn't mean you have to forgo your fitness! Have fun with this safe and fun workout that can provide a physical and social outlet for new moms. Help get yourself back on track with this unique class that doesn't require you to leave your baby behind or putting them in a crowded childcare setting. Please bring your own 3-5lb weights. Appropriate for moms of infants through walkers. Class Fee: \$35

#100324	Sep 1-22	W	11:20am-12:15pm
#100329	Oct 6-27	W	11:20am-12:15pm
#100330	Nov 3-24	W	11:20am-12:15pm
#100331	Dec 1-22	W	11:20am-12:15pm

### Open Play

Age: All Ages. Community open time for gym use. Adults must have a photo ID to enter gym. Youth must have a signed participation form on file to enter during specified times. Call specific Community Center for days and times. Class Fee: \$0

#### Chavis Community Center 831-6989

#100160 Sep 1-Dec 28 Daily 11:00am-2:00pm

#### Carolina Pines Center 831-6435

#100261 Sep 1-Jan 4 M-F 6:30-9:00pm

### Tae Kwon Do

Location: Method Road Community Center  
Age: 10yrs and up. Self-defense and self-discipline for beginning and advance students. Class Fee: \$20

#99302	Sep 2-30	Th	6:30-8:00pm
#99303	Oct 7-28	Th	6:30-8:30pm
#99304	Nov 4-25	Th	6:30-8:00pm
#99305	Dec 9-Jan 6	Th	6:30-8:00pm

### Tae Kwon Do – Beginners

Location: Biltmore Hills Community Center  
Age: 5yrs and up. Marital arts course where the art of self defense, confidence, self esteem, discipline, respect and self

control taught through practice drills, class room instruction and tournaments. This is an ongoing class that promotes belt promotions. Wear Comfortable Clothes. Classes by Sensi Thomas Jarrett. Class Fee: \$35

#100383	Sep 1-27	M,W	6:00-7:30pm
#100384	Oct 4-27	M,W	6:00-7:30pm
#100385	Nov 1-Dec 1	M,W	6:00-7:30pm
#100386	Dec 1-Jan 3	M,W	6:00-7:30pm

### Tae Kwon Do – Martial Art

Location: Lions Park Community Center  
Age: 7yrs and up. Martial arts class for youth and adults. This program develops discipline in youth, fitness in adults and fine martial art skills. Class Fee: \$35

#99551	Sep 2-30	T,Th	6:30-8:00pm
#99548	Oct 5-28	T,Th	6:30-8:00pm
#99550	Nov 2-30	T,Th	6:30-8:00pm
#99549	Dec 2-30	T,Th	6:30-8:00pm

### Tai Chi Chih – Beginner

Location: Pullen Community Center  
Age: 10yrs and up. Tai Chi Chih: A wonderful moving meditation—sometimes called 'Joy through movement'. It is designed to balance and circulate your energy (chi). When your energy is balanced and flowing freely, you experience better health, allowing harmony to take place within. Tai Chi Chih consists of 19 soft, flowing moves and one meditative pose. It is simple to learn and a joy to experience. Anyone can do it. The benefits of Tai chi chih are: It relieves stress and anxiety allowing inner calm to take place and promotes balance and flexibility. When Tai Chi Chih is done together at the same pace, it causes a surge of energy and a rhythm begins to move us. Tai Chi translated from Chinese means knowledge of reality. Chih means the way. Class Fee: \$80

#98145	Sep 14-Nov 2	T	1:00-2:00pm
#98146	Nov 16-Jan 4	T	1:00-2:00pm

## Nature

### Preschool

#### Birding for Preschoolers

Location: Marsh Creek Park  
Age: 3-5yrs. Preschoolers can learn to identify birds too! Basic backyard birds will be our focus as we talk about their different colors and songs. We will explore the outdoors in search of these feathered friends. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

##### Optimist

#100082	Oct 9	Sa	10:15-11:00am
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##### Jaycee

#100085	Nov 13	Sa	10:30-11:15am
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##### Barwell Road

#100087	Dec 16	Th	10:30-11:15am
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### Bug Adventure

Location: Millbrook Exchange Community Ctr  
Age: 3-5yrs. Search for insects of all kinds at the park. We will look under logs, in the soil, and among the trees for these fascinating little critters. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

#100095	Sep 16	Th	9:45-10:30am
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### Nature – Animal Tree Houses

Age: 3-5yrs. Let's learn who calls trees home and discover how animals use trees for more than just a house. A story and a craft will teach us more. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

##### Laurel Hills

#100015	Nov 22	M	10:45-11:00am
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##### Jaycee

#100016	Dec 11	Sa	10:45-11:00am
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### Nature – Fall Harvest: Apples

Age: 3-5yrs. Have you ever wondered where apples really come from? We usually buy them from a store, but they are plants that we can grow in our own back yard! We'll learn about seeds, decorate a pot, and plant the seed to watch it grow. Seeds will be provided or you can bring your own (save those seeds from your apple cores). Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$5

##### Greystone

#100116	Sep 22	W	10:00-10:45am
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##### Brier Creek

#100118	Oct 12	T	9:45-10:30am
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### Nature – Fall Harvest: Pumpkins

Location: Method Road Community Center  
Age: 3-5yrs. Have you ever wondered where pumpkins really come from? We usually buy them from a store, but they are plants that we can grow in our own back yard! We'll learn about seeds, decorate a pot, and plant the seed to watch it grow. Seeds will be provided or you can bring your own (save those seeds from your jack-o-lantern). Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$5

#100121	Oct 30	Sa	1:00-1:45pm
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### Nature – Little Nature Hikers

Age: 2-6yrs. Join a nature instructor and other families for a guided walk around the park with your child. Meet other families in your community and learn about nature. We'll see birds, insects, and maybe even a few mammals and reptiles basking near the lakes and pond. Strollers are welcome. Fee applies to each participant; all children must be accompanied by an adult. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$2 >

### Lake Wheeler

#100134	Sep 7	T	10:30-11:15am
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### Anderson Point

#100151	Oct 5	T	10:30-11:15am
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### Sertoma

#100153	Nov 9	T	10:30-11:15am
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### Lake Lynn

#100155	Dec 7	T	10:30-11:15am
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### Nature – Tales and Scales

Location: Greystone Community Center  
Age: 3-5yrs. This story time focuses on reptiles and is followed by a visit from a few live snakes and lizards to see and touch. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

##### Greystone

#100158	Nov 17	W	10:15-11:00am
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##### Marsh Creek

#100159	Dec 1	W	10:00-10:45am
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### Take a Child Outside Week – Birding for Preschoolers

Location: Marsh Creek

Ages: 3-5yrs. Preschoolers can learn to identify birds too! Basic backyard birds will be our focus as we talk about their different colors and songs. We will explore the outdoors in search of these feathered friends. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856.

#101054	Sep 27	M	10:30-11:15am
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### Take a Child Outside Week – Turtles for Tots

Location: Laurel Hills

Ages: 3-5yrs. Turtles are terrific! Learn about these interesting reptiles including where they live, what they eat, and how they protect themselves. We will read a story and take a walk to look for turtles. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856.

#101055	Sep 29	W	10:00-10:45am
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### Wee Walkers

Location: Durant Nature Park

Age: 1yrs and up. Would you and your toddler like some company for your walks? Join others on an easy paced hike around the park. This is a great opportunity for adults and little ones to meet each other and explore nature. Class Fee: \$0

#98246	Sep 2	Th	10:00-11:00am
#98247	Sep 9	Th	10:00-11:00am
#98248	Sep 16	Th	10:00-11:00am
#98249	Sep 23	Th	10:00-11:00am
#98250	Sep 30	Th	10:00-11:00am
#98251	Oct 7	Th	10:00-11:00am
#98252	Oct 14	Th	10:00-11:00am
#98253	Oct 21	Th	10:00-11:00am
#98254	Oct 28	Th	10:00-11:00am
#98255	Nov 4	Th	10:00-11:00am
#98261	Dec 30	Th	10:00-11:00am
#98256	Nov 11	Th	10:00-11:00am
#98257	Nov 18	Th	10:00-11:00am
#98258	Dec 2	Th	10:00-11:00am
#98259	Dec 9	Th	10:00-11:00am
#98260	Dec 16	Th	10:00-11:00am

Preschool Nature continued —

Preschool Nature continued —

### Wetland Wonders

Location: Walnut Creek Wetland Center  
Age: 3-5yrs. Spend time with a nature instructor exploring the grounds of Walnut Creek Wetlands. Through a puppet show, story time, and a nature walk your youngster will learn about the interesting animals that call a wetland home. Pre-registration required four days prior to the program.

Class Fee: \$1

#100684	Sep 9	Th	10:30-11:15am
#100685	Sep 23	Th	10:30-11:15am
#100686	Oct 7	Th	10:30-11:15am
#100687	Oct 21	Th	10:30-11:15am
#100688	Nov 11	Th	10:30-11:15am
#100689	Nov 18	Th	10:30-11:15am
#100690	Dec 2	Th	10:30-11:15am
#100691	Dec 16	Th	10:30-11:15am

### Youth

#### African American Forest Ecologists

Location: Walnut Creek Wetland Center  
Age: 6-11yrs. Be inspired by two female African American Ecologists who do research in Forest Ecology. This program will feature games and fun activities tailored to learn about trees, how they keep us cool and how they lessen the effects of pollution. Class Fee: \$1

#99633 Oct 23 Sa 11:00am-12:00pm

#### Discovering Wetlands

Location: Walnut Creek Wetland Center  
Age: 6-12yrs. Do you think that swamps are dark and creepy places? Join a nature instructor to learn the truth about wetlands. Through forest walks, nature talks, stories and art, your child will develop a better understanding of the importance of wetlands. Pre-registration required four days prior to the program. Class Fee: \$1

#100693	Sep 16	Th	4:00-5:00pm
#100694	Oct 14	Th	4:00-5:00pm
#100695	Oct 28	Th	4:00-5:00pm
#100696	Nov 11	Th	4:00-5:00pm

#### Holiday Wreath Making

Location: Durant Nature Park  
Age: 5yrs and up. The holidays are upon us! What better time to get together to make holiday wreaths using materials from nature. After our wreath making, we'll enjoy some hot chocolate! Class Fee: \$5

#99254 Dec 4 Sa 4:00-5:00pm

#### Lightning Bugs

Location: Anderson Point  
Age: 6-12yrs. Let's go see the lights of summer in action. A hike, game, and craft will be included in this fun, educational program. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$5

#100224 Sep 2 Th 7:00-8:00pm

### Living Log

Location: Optimist Community Center  
Age: 6-12yrs. Did you know that lots of critters call an old log home? From insects to worms, we will discover all of these inhabitants of the living log. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#### Optimist

#100232 Sep 16 Th 7:00-8:00pm

#### Anderson Point

#100266 Oct 9 Sa 1:00-2:00pm

### Nature – Animal Show and Tell

Age: 5-12yrs. Meet some animals up close. Possible visitors include: snakes, lizards, and insects. Learn about these animals and the ones living in this park. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#### Sanderford Road

#100200 Nov 18 Th 6:00-7:00pm

#### Peach Road

#100209 Dec 9 Th 6:30-7:30pm

### Nature Games

Age: 6-12yrs. Get wild with us! We'll play a variety of exciting and interactive games that will help us learn more about nature. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#### Laurel Hills

#100276 Oct 14 Th 6:00-7:00pm

#### Green Road

#100289 Nov 13 Sa 1:00-2:00pm

### Spiders and Insects

Location: Durant Nature Park  
Age: 6-10yrs. What's the difference in spiders and insects? Is a spider an insect? Find out how these creepy crawlies are the same and how they are different. Join us as we talk about these creatures and go into the park to find some to look at for ourselves. Craft included. Pre-registration required 4 days in advance. Class Fee: \$5

#99257 Sep 11 Sa 10:00-11:00am

### Take a Child Outside – Lightning Bugs

Location: Laurel Hills  
Ages: 3-5yrs. Let's go see the lights of summer in action. A hike, game, and craft will be included in this fun, educational program. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. #101053 Sep 28 T 7:00-8:00pm

### Victorious Vultures

Location: Durant Nature Park  
Age: 6-12yrs. Vultures score another cool point for being nature's garbage disposals. Join us to find out what other things are pretty cool about this big bird and get an idea or two about a Halloween costume. Class Fee: \$4

#98239 Oct 13 W 5:00-6:00pm

### Where the Wild Things Go

Location: Durant Nature Park  
Age: 6-12yrs. In winter that is... Insects, mammals, birds and reptiles have a variety of ways of surviving the cold of winter when food is scarce. Let's explore and find out how. Class Fee: \$5

#98245 Nov 13 Sa 1:00-2:00pm

### Worm Composting for Kids

Location: Walnut Creek Wetland Center  
Age: 6-12yrs. Come hang out with wiggly worms! Learn how earthworms can recycle your leftover food into soil. Help create a worm bin in this hands-on workshop, and pot a plant to take home using safe, clean and nutrient rich worm manure! Registration required four days prior to the program.

Class Fee: \$3

#100708 Nov 3 W 4:15-6:00pm

### Teen

#### Microhabitats

Location: Walnut Creek Wetland Center  
Age: 11-14yrs. There are many different microhabitats on the 59 acre site where the Walnut Creek Wetland Center is located. Come discover the floodplain forest directly behind the center and then follow the banks of Little Rock Creek as we walk along the greenway. Finally we'll observe the effect of invasive plant species on microhabitats that are both small and large such as a single tree and the whole forest itself. Class Fee: \$5

#100704 Oct 9 Sa 5:30-7:00pm

### Adult

#### Nature Observation

Location: Walnut Creek Wetland Center  
Age: 16yrs and up. Join NC Environmental Educator, Randy Senzig, as we explore the Walnut Creek Wetlands. Through your senses, you will work to improve your nature observation skills and gain a deeper understanding of the flora and fauna. Pre-registration is required four days prior to the program. Class Fee: \$3

#100706 Oct 23 Sa 3:00-5:00pm

#100707 Dec 4 Sa 2:00-4:00pm

### Water Quality and Stormwater for Educators

Location: Walnut Creek Wetland Center  
Age: 18yrs and up. What is stormwater? What types of water pollutants does stormwater runoff carry? How can schools and communities better manage stormwater and prevent pollution in our waterways? Come learn how to engage your classes with fun activities that illustrate the urban water cycle and the impacts of stormwater runoff on water quality. K-12 educators and non-formal educators are welcome. We'll use the Wetland Center's features to demonstrate ways of lessening stormwater

Water Quality and Stormwater continued to page 70 —

**If bread is the necessity of life,  
recreation is a close second.** Edward Bellamy



Water Quality and Stormwater continued from page 68—

impact. Wake County Extension Staff will share funding options to create your own 'stormwater classroom' at your school that will be educational and reduce stormwater runoff! Earn up to 3 hours credit for Criteria II for NC EE Certification. Class Fee: \$5  
#100715 Nov 13 Sa 1:00-4:00pm

### Worm Composting For Adults

Location: Walnut Creek Wetland Center  
Age: 16yrs and up. Red wiggler worms can help you reduce smelly garbage and benefit your garden. Learn how easy it is to set up a home worm bin in this interactive workshop. The cost of the class includes instruction and all materials needed to set up your own worm bin. Registration required four days prior to the program. Class Fee: \$20  
#100710 Dec 4 Sa 11:00am-1:00pm

## Senior

### Wise Elder Walk

Location: Walnut Creek Wetland Center  
Age: 50yrs and up. Walk along the greenway and enjoy the changing of the seasons in this forested floodplain. Experience the feeling of wild nature in an urban setting as you walk along the greenway by the creek edges with the sounds of birds in the air. Each week we will be joined by members of the Friends of Walnut Creek group Partners for Environmental Justice. Class Fee: \$0  
#99384 Sep 11 Sa 10:15-11:15am  
#99392 Oct 9 Sa 10:15-11:15am  
#99400 Nov 13 Sa 10:15-11:15am  
#99401 Dec 11 Sa 10:15-11:15am

## Family

### A Family Walk in the Park

Location: Durant Nature Park  
Age: All Ages. Bring the whole family for a leisurely walk to explore the park after a long day at work (or school). We'll figure out what nature activity is going on in the park and we'll share it with you! Pre-registration required. Class Fee: \$1  
#99249 Sep 28 T 10:00-11:00am  
#99250 Sep 30 Th 6:00-7:00pm  
#99251 Oct 5 T 6:00-7:00pm  
#99252 Nov 18 Th 5:00-6:00pm

### Big Sweep Clean Up

Location: Walnut Creek Wetland Center  
Age: All Ages. Join Raleigh Parks and Recreation, Partners for Environmental Justice, and Wake County Big Sweep in cleaning up this unique urban wetland. By picking up litter we will improve the water quality, wildlife habitat and restore the beauty of this floodplain site. A light breakfast is provided. Please wear work clothes, pants and boots (no open-toe shoes). Bring water bottles. Participants 16 or younger must be accompanied by an adult. Class Fee: \$0  
#100631 Oct 2 Sa 9:00am-12:00pm

### Birds in Winter

Location: Anderson Point  
Age: 6yrs and up. How do birds survive the cold winter? What can we do to help? Join us on a fun bird walk where we will discuss survival strategies and learn how to help the birds through the cold winter days by putting out feeders and providing shelter. Sponsored by Wake Audubon Society. For more information, contact Nature programs at 919-831-6856 or Kari Wouk at 919-395-5630. Class Fee: \$0  
#100377 Nov 20 Sa 9:00-11:00am

### Calling All Owls

Location: Durant Nature Park  
Age: 5yrs and up. Whoooo goes there? In the fall, owls are calling to claim their territories. We'll set out at dusk to listen for their calls and learn why these creatures of the night are so well adapted to living in darkness. After our owl prowl, we'll enjoy s'mores and hot chocolate around the campfire while practicing our newly learned owl calls! Parent must accompany child. Class Fee: \$5  
#99253 Nov 12 F 5:00-6:30pm

### Campfire, Story and Marshmallow Roast

Location: Durant Nature Park  
Age: 1-10yrs. Gather 'round the campfire while we read a nature story perfect for just this occasion. Share some quality time with your little one and the good company of others while roasting a marshmallow or making a s'more. Register in advance and meet at the Durant Nature Park Office Campfire Circle! Parents must accompany participants. Class Fee: \$5  
#98238 Dec 10 F 6:00-7:00pm

### Christmas Bird Count

Location: Anderson Point  
Age: 6yrs and up. Join us for the 111th Annual Christmas Bird Count. Participants will hike around the park and identify as many species of bird as possible. 'Each of the citizen scientists who annually brave snow, wind, or rain, to take part in the Christmas Bird Count makes an enormous contribution to conservation. Audubon and other organizations use data collected in this longest-running wildlife census to assess the health of bird populations—and to help guide conservation action.' Beginners are welcome and will be paired with a more experienced birder. Binoculars are essential. Pre-registration is required. Sponsored by Wake Audubon Society. For more information, contact Nature programs at 919-831-6856 or John Connors at jconnors@wakeaudubon.org. Class Fee: \$0  
#100381 Dec 18 Sa 7:00am-12:00pm

### Cold Weather Animals

Location: Walnut Creek Wetland Center  
Age: All Ages. Come to the Wetland Center to discover how animals survive and thrive in cold weather. We'll talk about how the oily

coat of the beaver keeps it warm as winter approaches. If weather permits we'll get outside and look for signs of animals in the floodplain. Children under 7 must be accompanied by a paying adult. Class Fee: \$1  
#99455 Dec 1 W 4:00-5:00pm

### Durant Family Camp Out

Location: Durant Nature Park  
Age: All Ages. Families gather to form a group and experience an overnight complete with a naturalist led night hike, s'mores for the kids, breakfast provided for you, and time in the canoes. Bring a tent or borrow a cot and sleep in an adirondack shelter. Your gear will be hauled by vehicle down to the primitive, lakeside campsite that we will call home for the night! Class Fee: Adults \$15 each, Youth \$10. Class Fee: \$15  
#98227 Sep 24-25 F-Sa 6:00-11:59pm

### Family Nature Club

Location: Walnut Creek Wetland Center  
Age: 4yrs and up. Come join other families on an easy paced hike along the Greenway. On rainy days we will meet indoors to do nature related crafts and games. This is a great way to meet other families and share your love of nature. Fee applies to each participant. All children must be accompanied by a paying adult. Pre-registration is required four days prior to the program. Class Fee: \$1  
#100671 Sep 5 Su 2:30-3:30pm  
#100672 Sep 26 Su 2:30-3:30pm  
#100673 Oct 10 Su 2:30-3:30pm  
#100674 Oct 24 Su 2:30-3:30pm  
#100675 Nov 7 Su 2:30-3:30pm  
#100676 Nov 21 Su 2:30-3:30pm  
#100677 Dec 5 Su 2:30-3:30pm  
#100678 Dec 19 Su 2:30-3:30pm

### Family Nature Walk

Location: Anderson Point  
Age: All Ages. Join us on a nature walk through one of Raleigh's parks. The walk leader will point out wildlife and other things discovered along the trail. Fee applies to each participant; children under 10 should be accompanied by adult. Pre-registration is required four days prior to the program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3  
#100361 Dec 11 Sa 2:00-3:00pm

### Family Sunset Walk

Age: All Ages. Come join us for a sunset walk around the park. Bring the whole family to explore the park and stretch your legs after a long day at work (and school). We'll stroll around the park enjoying a beautiful sunset and maybe even catch a glimpse of a beaver or deer! Fee applies to each participant. Pre-registration is required four days prior to the event. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3

#### Lake Lynn

#100342 Oct 8 F 6:30-7:30pm

#### Anderson Point

#100348 Nov 4 Th 6:00-7:00pm

### From Trash To Craft

Location: Walnut Creek Wetland Center  
Age: 6yrs and up. Give the landfill a break and let your artistic spirit flourish. Learn how to turn aluminum cans, plastic bottles and other commonly recycled items into a unique sculpture or flowerpot to take home. All children must be accompanied by a paying adult. Pre-registration is required four days prior to the program. Class Fee: \$1  
#100716 Nov 20 Sa 2:00-4:00pm

### How To Be Water Wise

Location: Walnut Creek Wetland Center  
Age: 6yrs and up. This presentation discusses the four steps necessary to be Water Wise: respect water, conserve water, reduce your water footprint and spread the message of conservation. It also highlights several tips for around the house that will help you become Water Wise! Fee applies to all participants. All children must be accompanied by a paying adult. Pre-registration is required four days prior to the program. Class Fee: \$3  
#100703 Sep 18 Sa 3:00-5:00pm

### Introduction to Wetlands – In French

Location: Walnut Creek Wetland Center  
Age: All Ages. Come learn about urban wetlands and streams that exist right here in Raleigh! Discover the importance of protecting wetlands to maintain the health of our drinking water and our favorite fishing holes. Registration required four days prior to the program. This course will be primarily in French. L'invitation d'apprendre des zones humides et des ruisseaux qui existent en Raleigh! Découvrir l'importance de protéger ses zones humides pour la maintenance de la pureté de l'eau potable et la maintenance des ruisseaux pour aller la pêche. Class Fee: \$1  
#100699 Sep 18 Sa 11:00am-12:00pm

### Introduction to Wetlands – In Spanish

Location: Walnut Creek Wetland Center  
Age: All Ages. Come learn about urban wetlands and streams that exist right here in Raleigh! Discover the importance of protecting wetlands to maintain the health of our drinking water and our favorite fishing holes. Registration required four days prior to the program. This course is primarily in Spanish. ¡Ven a aprender acerca de los pantanos y arroyos urbanos que existen aquí en Raleigh! Descubre la importancia de proteger los pantanos y mantener limpia el agua que bebemos y el agua en nuestros lugares favoritos de pesca. Todas las edades. Class Fee: \$1  
#100700 Oct 16 Sa 11:00am-12:00pm

### Loggerhead Shrikes – The Butcher Bird

Location: Anderson Point  
Age: 6yrs and up. Learn about this amazing bird and why it has such a bold reputation. (Lizards and grasshoppers beware!) We will look for shrikes and take a hike around the park to view other species of birds as well as non-avian wildlife. Binoculars are

recommended. Sponsored by Wake Audubon Society. For more information, contact Nature programs at 919-831-6856 or Kari Wouk at 919-395-5630. Class Fee: \$0  
#100373 Sep 18 Sa 9:00-11:00am

### Migrating Warblers

Location: Anderson Point  
Age: 6yrs and up. Everybody is heading south! Come out to the park to get a look at some migrating fall warblers as well as other migratory species and our year-round residents. Bring your binoculars! (Binoculars will also be provided to participants, if needed). Sponsored by Wake Audubon Society. For more information, contact Nature programs at 919-831-6640 or Kari Wouk at 919-395-5630. Class Fee: \$0  
#100375 Oct 16 Sa 9:00-11:00am

### Nature Crafts – Winter

Location: Walnut Creek Wetland Center  
Age: 6yrs and up. Come join Walnut Creek Wetland Center staff and use natural materials to create fun crafts. Pinecones will be used for bird feeders and other items found in nature will provide sources for nifty winter household decorations. All materials provided. Registration required four days prior to the program. Class Fee: \$2  
#100717 Nov 20 Sa 11:00am-12:00pm

### Nature Walk – Focus on Urban Mammals

Location: Walnut Creek Wetland Center  
Age: 6yrs and up. How do we interact with urban mammals? Is there anything we can do to help our furry friends? Join a nature instructor to learn more about urban mammals, ways to lessen negative interactions, and some basics of responsible pet ownership. We will do a fun craft and go for a walk along the greenway to look for urban mammals. All children must be accompanied by a paying adult. Pre-registration is required four days prior to the program. Class Fee: \$2  
#100709 Nov 6 Sa 3:00-5:00pm

### Take A Child Outside – Discovering Wetlands

Location: Walnut Creek Wetland Center  
Age: 6yrs and up. Do you think that swamps are dark and creepy places? Join a nature instructor to learn the truth about wetlands. Through forest walks, nature talks, stories and art, your child will develop a better understanding of the importance of wetlands. Pre-registration required four days prior to the program. Class Fee: \$1  
#100698 Sep 28 T 5:00-6:00pm

### Take A Child Outside – The Amazing Beaver

Location: Walnut Creek Wetland Center  
Age: 6yrs and up. Come learn about the history of this amazing wetland animal. Discover the unique adaptations this critter has to live around water and its amazing ability to alter the landscape. We will search for beaver signs along Walnut Creek.

Registration required four days prior to the program. Class Fee: \$2  
#100702 Sep 30 Th 5:00-6:00pm

### Take a Child Outside Week – African American Biologists

Location: Walnut Creek Wetland Center  
Age: 6yrs and up. Learn what inspired two African American Ecologists to do field research in wildlife biology. This program will feature games and fun activities tailored to illustrate the different types of wildlife biology these scientists practice. So come out ready to play games and discover how scientists help protect animals by studying their behaviors. Class Fee: \$1  
#99402 Sep 25 Sa 11:00am-12:00pm

### Take a Child Outside Week – Family Fishing

Location: Sertoma Arts Center  
Age: All Ages. Bring the whole family for a relaxing afternoon of fishing! The best time to catch the biggest fish on the lake is during late afternoon hours when the fish are hungry for dinner! Fishing poles will be provided if needed; all anglers must abide by catch and release methods. Fee applies to each participant. Pre-registration is required four days prior to the event. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3  
#100316 Sep 30 Th 5:00-7:00pm

### Take a Child Outside Week – Family Nature Walk

Location: Biltmore Hills Community Center  
Age: All Ages. Join us on a nature walk through one of Raleigh's parks. The walk leader will point out wildlife and other things discovered along the trail. Fee applies to each participant; children under 10 should be accompanied by adult. Pre-registration is required four days prior to the program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3  
#100332 Sep 26 Su 2:00-3:00pm

### Take a Child Outside Week – Family Pond Dip

Location: Anderson Point  
Age: All Ages. Do you and your children love to get outside and explore? In this program we'll get our hands muddy discovering the critters that call the pond home. We will talk about the food chain and metamorphosis. Fee applies to each participant. All children under 10 must be accompanied by a paying adult. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3  
#100306 Sep 25 Sa 9:45-10:45am

### Take a Child Outside Week – Family Sunset Walk

Location: Lake Johnson  
Age: All Ages. Come join us for a sunset walk around the park. Bring the whole family to explore the park and stretch your legs after a long day at work (and school).

Family Sunset Walk continued next page —

Family Sunset Walk continued next page —

We'll stroll around the park enjoying a beautiful sunset and maybe even catch a glimpse of a beaver or deer! Fee applies to each participant. Pre-registration is required four days prior to the event. For more information, contact Nature programs at 919-831-6856. Class Fee: \$3  
#100303 Sep 24 F 7:00-8:00pm

### Take a Child Outside Week – Live Raptor Program

Location: Walnut Creek Wetland Center  
Age: All Ages. Experience the awe of live hawks and owls up close. In this falconry program you will see majestic birds of prey fly and perch right before your eyes. You'll also learn the history and ecology of these fascinating birds. How can they fly so gracefully and pick a mouse out of the grass from 100 feet in the sky? You will not be disappointed with this exciting program! Children under 14 must be accompanied by a paying adult. Class Fee: \$2  
#99448 Sep 25 Sa 2:00-4:00pm

### Take a Child Outside Week – Trees are Terrific

Location: Walnut Creek Wetland Center  
Age: 5yrs and up. Trees are terrific- see for yourself through activities, crafts and a tree walk. On our walk we'll discover the basic characteristics of trees, which trees are common to the floodplain forest, and what allows them to survive in wet soil. Children under 7 must be accompanied by a paying adult. Class Fee: \$1  
#99449 Sep 29 W 5:00-6:30pm

### Take a Child Outside Week – Wetland Poetry

Location: Walnut Creek Wetland Center  
Age: 10yrs and up. Experience the thrill of writing your own nature poem. Nature is one of the best settings for inspiring poetry and reflection. We'll take a short hike and find a natural object that inspires or intrigues you. From there we'll go through an exercise that helps us write our own nature poems. So come join us and walk away with your own poem and a new tool for connecting with nature! Class Fee: \$1  
#99369 Sep 24 F 5:00-6:30pm

### Through the Eyes of George Washington Carver

Location: Walnut Creek Wetland Center  
Age: All Ages. Discover the poetic and amazing life of George Washington Carver who's agricultural genius came from his boyhood days walking in the forests near his families farm in Missouri. Come experience the woods as he did through reverence and observation. Together we will share in the magic and simplicity of nature that George Washington Carver made famous through family oriented crafts and nature activities. Registration required four days prior to the program. Class Fee: \$3  
#100705 Oct 17 Su 3:00-5:00pm

## School Programs

### Youth

#### Weather Bound

Location: Jaycee Community Center  
Age: 5-11yrs. Need a structured place for your children to play when Wake County Schools are closed for the day due to inclement weather? Program hours are 8:00am to 5:00pm. Activities may include sports, crafts, games, computer games, movies and outdoor play. Children should bring a lunch, two snacks, drinks and a change of clothes. Pre-registration is recommended. Space is limited. Class Fee: \$20  
#100253 Oct 4 M 8:00am-5:00pm

## Social

### Preschool

#### Birthday Parties – Celebration Station

Location: Brier Creek Community Center  
Age: 2-10yrs. Plan your child's next birthday party at your favorite participating Community Center. Includes: one three hour room rental, and 45 minutes organized activity with instructor. Choose from a variety of themes such as Gymnastic Gems, Cheerful Cheerers, Ballerina Beauties, Teddy Bear Tea Time, or Hip Hop Fun! Max 12 kids. To reserve your party, just call one of the participating sites: Brier Creek 420-2340 or Optimist 870-2880. Class Fee: \$185  
#99907 Sep 7 T 1:00-3:00am  
#100932 Sep 7 T 1:00-3:00am

#### Dance Play

Location: Marsh Creek Park  
Age: 2-3yrs. Based on the notion of Creative Movement, this class has structural lesson plans. It stimulates young dance players' imagination, creativity, helps to develop their physical skills and channel their energy. Creative movement has proven beneficial for the young ones' language, social skills and more. This leads them to appreciate the beauty and form in nature, art and literature as well as the beauty in everyday living. The class will have different themes each week and has four weeks per session. Instructor: Hanna Chio has a BA in Fine Arts. Class Fee: \$36  
#100927 Sep 8-29 W 10:00-10:30am  
#100929 Oct 6-27 W 10:00-10:30am  
#100930 Nov 3-17 W 10:00-10:30am  
#100931 Dec 1-22 W 10:00-10:30am

### Dancing Dolls and Me

Location: Marsh Creek Park  
Age: 3-5yrs. Creative Jazz dancing for dancers and their dolls! So, come and do your thing. We are going to jazz it up, pop, rock'n'roll with proper hats and things! Instructor: Miss Khadija. Class Fee: \$42  
#100801 Sep 29-Oct 20 W 2:15-3:00pm

### Nursery Rhyme Theater

Location: Green Road Community Center  
Age: 18mos-3yrs. Do you love Nursery Rhymes? Do you love all the fun of the different characters, sounds, movements, and words? Then come join us and act out your favorite Nursery Rhymes! In this class Amy Murphy, a graduate of NYU's educational theater masters program, will lead your child through an interactive class including music, movement, and acting out the characters from your favorite Nursery Rhymes. Students will be making simple costume/masks to wear for our last day. Parent or caregiver attendance is requested. Look forward to seeing you! September – Itsy Bitsy Spider, October – Hey Diddle Diddle the Cat and the Fiddle, November – Hickory Dickory Dock December – Little Bo Peep. Class Fee: \$36

#### Itsy Bitsy Spider

#100086 Aug 30-Sep 27 M 10:00-11:00am

#### Hey Diddle Diddle the Cat and the Fiddle

#100129 Oct 4-25 M 10:00-11:00am

#### Hickory Dickory Dock

#100135 Nov 1-22 M 10:00-11:00am

#### Little Bo Peep

#100154 Dec 6-27 M 10:00-11:00am

### Playgroup Tot Time

Age: 1-5yrs. The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend. Class Fee: \$0

#### Barwell Road Community Center

#99346 Sep 1-Dec 29 W 10:00am-12:00pm

#### Tarboro Road Community Center

#99653 Sep 3-Dec 31 F 10:00am-1:00pm

#### Worthdale Community Center

#100290 Sep 8-Dec 31 W,F 10:00am-12:00pm

#### Laurel Hills Community Center

#99139 Sep 7-Dec 30 T,Th 10:00-11:00am

#99140 Sep 7-Dec 30 T,Th 11:00am-12:00pm

#### Millbrook Exchange Community Center

#98973 Sep 1-Dec 22 M,W 10:30am-12:30pm

#### Green Road Community Center

#99068 Sep 2-Dec 30 T,Th 10:00-11:30am

#### Optimist Community Center

#100945 Sep 1-Dec 22 T,W 10:00-11:30am

### Preschool Music Walkers

Location: Worthdale Community Center  
Age: 3-5yrs. Come enjoy walking to preschool music and group play activities. Strollers are welcome. Class Fee: \$2  
#100292 Sep 8-Dec 10 W,F 11:00am-12:00pm

## Rock-A-Bye Baby

Location: Marsh Creek Park

Age: 9-23mos. Parents and caregivers will have so much fun singing songs while they are waltzing with their babies. The class' lesson plan is solely focused on using simple movement along with other fun elements. In an effort to increase baby's awareness and also strongly engage the interaction between the parents and their babies. As well as encourage babies 'parallel play' with other babies. The class will have different theme each week.

Instructor: Hanna Chio who has a BA in Fine Arts. Class Fee: \$36

#100914	Sep 8-29	W	10:45-11:15am
#100915	Oct 6-27	W	10:45-11:15am
#100917	Nov 3-17	W	10:45-11:15am
#100918	Dec 1-15	W	10:45-11:15am

## Super Hero's Buddy Club

Location: Ralph Campbell Community Center

Age: 3-5yrs. Calling all little super hero's! Let's get together for a mighty morning of fun and some other super heroic adventures. Super Hero type clothing and/or costume attire is welcomed, but not required. Class Fee: \$5

#99758	Sep 25	Sa	11:30am-12:30pm
#99759	Oct 23	Sa	11:30am-12:30pm
#99760	Nov 27	Sa	11:30am-12:30pm
#99761	Dec 18	Sa	11:30am-12:30pm

## Teddy Bears Tap, Step and Swing

Location: Marsh Creek Park

Age: 3-5yrs. Dance with your Teddy Bears while you heel-toe, step, shuffle and swing. Teach your teddy bear as you learn! Then during the last class we will enjoy a Tea Party! Instructor: Miss Khadija. Class Fee: \$42

#100795	Sep 1-22	W	2:15-3:00pm
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## Toddler Open Gym

Location: Biltmore Hills Community Center

Age: 2-5yrs. Come out and use our Gym! Time designated is especially reserved for children ages 2-5. Class Fee: \$0

#100581	Sep 1-Dec 15	W	10:00am-12:00pm
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## Youth

### All American Drill Team

Location: Worthdale Community Center

Age: 10-18yrs. Join us at Worthdale Center and represent your community through marching and dance. Drumline positions are available for those who believe they have what it takes to keep the drumline rocking. Ages 10 and up. Class Fee: \$0

#99996	Sep 13	M	6:30-8:00pm
#99997	Oct 4	M	6:30-8:00pm
#99998	Nov 1	M	6:30-8:00pm
#99999	Dec 6	M	6:30-8:00pm

### Bringing Kids Books to Life!

Location: Green Road Community Center

Age: 3-5yrs. Caterpillars, Fireflies, Chameleons—Oh my! Eric Carle has created some of the most wonderful stories and now is your chance to act out your favorites!!! In this class Amy Murphy, a graduate of NYU's

educational theater masters program, will lead your child through an interactive class including music, movement, and acting out the characters from your favorite Eric Carle stories. Students will be making simple costume/masks to wear for our last day. Look forward to seeing you! Class Fee: \$36

### The Very Hungry Caterpillar

#100219 Aug 30-Sep 27 M 11:00am-12:00pm

### The Very Lonely Firefly

#100230 Oct 4-25 M 11:00am-12:00pm

### The Mixed Up Chameleon

#100233 Nov 1-29 M 11:00am-12:00pm

### The Grouchy Ladybug

#100252 Dec 6-27 M 11:00am-12:00pm

## Characters Come Alive

Location: Green Road Community Center

Age: All Ages. Have you ever wondered what 'the wild things' really sound like? Have you ever wanted to hop around like Peter Rabbit? This is your chance to act out some of your favorite characters from your very favorite books!!! In this class Amy Murphy, a graduate of NYU's educational theater masters program, will lead your child through an interactive class including music, movement, and acting out the characters from your favorite stories. Students will be making simple costume/masks to wear for our last day. Hop on down, we look forward to seeing you! Class Fee: \$36

### Where the Wild Things Are

#100729 Sep 3-24 F 5:00-6:00pm

### It's the Great Pumpkin Charlie Brown

#100730 Oct 1-22 F 5:00-6:00pm

### The Cat in the Hat

#100731 Nov 5-19 F 5:00-6:00pm

### The Tale of Peter Rabbit

#100732 Dec 3-31 F 5:00-6:00pm

## Coats Cause We Care

Location: Sgt. Courtney T. Johnson Center

Age: 2-99yrs. Coats Cause We Care is a community service project that volunteers in public and private sector groups donated children's coat to community children. Class Fee: \$0

#100468	Nov 13	Sa	10:00am-2:00pm
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## Etiquette – Garden Tea Party

Location: Brier Creek Community Center

Age: 8-11yrs. Fun and whimsical themed garden tea party just for you. Colorful with decorative ceramic dishes, linen napkins, and gold utensils reminiscent of 'Alice in Wonderland' set the stage for the imagination to soar. In addition, we teach five basic facets of etiquette including proper introductions, social refinement, table setting and table manners. Dress up attire complete with straw hat, lace gloves, feather fans and pearls. Pictures taken in front of a garden backdrop and enjoy play time with magnetic dress up dolls. Participants take part in a sit down tea served with cookies and all take home a hand crafted etiquette study book. Instructor: Eli Johnson. Class Fee: \$40

#100325 Sep 24 F 4:30am-5:50pm

#100326 Oct 15 F 4:30am-5:50pm

#100353 Dec 3 F 4:30am-5:50pm

## Etiquette Tea Party

Location: Biltmore Hills Community Center

Age: All Ages. This Tea Party will teach young ladies Proper Introduction, Grooming, Social Refinement, Table Setting and Table Manners. It includes a take home etiquette study book for each participant. The tea has a whimsical theme with beautiful ceramic dishes, colorful tablescape, cloth napkins and gold flatware. Participants should come dressed for a formal tea party. Class Fee: \$20

#100564 Sep 10 F 6:00-7:30pm

#100565 Oct 1 F 6:00-7:30pm

#100566 Nov 12 F 6:00-7:30pm

#100567 Dec 17 F 6:00-7:30pm

## Event – Candy Cane Hunt

Location: Optimist Community Center

Age: 1-7yrs. Children are invited to come out for our annual Candy Cane Hunt. The hunt will start at approximately 10:15am. After a successful search, join us back in the gym to enjoy some light refreshments, games, crafts, and possibly a visit from Santa. PRE-REGISTRATION IS REQUESTED FOR THIS EVENT! Class Fee: \$8

#100928 Dec 4 Sa 10:00-10:00am

## Event – Cookies and Milk with Santa

Location: Lake Lynn Community Center

Age: 2-6yrs. Enjoy an afternoon with Santa! We will have cookies and milk for the kids and a holiday craft. Afterward, everyone will get a visit with ol' St. Nick! Pre-registration is required at least one week prior to the date of the event. Class Fee: \$6

#99498 Dec 12 Su 1:30-2:30pm

## Fall Festival

Location: Chavis Community Center

Age: 1-12yrs. Celebrate the fall season! Join us for a fun-filled evening of games, activities, etc. Prizes, candy and light refreshments will be available. Admission is free. Class Fee: \$0

#100152 Oct 21 Th 6:30-8:00pm

## Friday Fun Night

Location: Barwell Road Community Center

Age: 5-12yrs. Participants will do a variety activities, which may include playing games, making crafts, playing computer games, and enjoying a movie at the center. A light pizza dinner, juice and a small desert will be provided. You are going to want to be here for this exciting program! Class Fee: \$15

#99347 Sep 10 F 6:00-9:00pm

#99348 Oct 15 F 6:00-10:00pm

#99349 Nov 12 F 6:00-9:00pm

#99350 Dec 10 F 6:00-9:00pm

## Friday Night Fun

Location: Laurel Hills Community Center

Age: 4-11yrs. If your child LOVES pizza, movies, games or arts and crafts and if you would LOVE some time with your friends or significant other, keep reading! We will entertain your child with theme

Friday Night Fun continued next page —

Friday Night Fun continued —

related games, food and/or crafts based on the night's movie. Register them with a friend and go out for a night on the town! Registration at least two days prior to the program date is required. Class Fee: \$15

**Because of Winn Dixie**  
#98625 Sep 17 F 5:30-9:00pm

**Babe-Pig in the City**  
#98626 Oct 15 F 5:30-9:00pm

**Madagascar**  
#98627 Nov 19 F 5:30-9:00pm

**March of the Penguins**  
#98628 Dec 17 F 5:30-9:00pm

### Game Room

Location: Peach Road  
Age: All Ages. Peach Road's game room will be open week nights 6:30-8:00pm. Play nintendo Wii or Billiards. Class Fee: \$0  
#99418 Sep 6-Jan 1 M,W,F-Sa 6:30-8:00pm

### Girl Scouts

Location: Walnut Terrace Community Center  
Age: 5-17yrs. A place where girls can discover fun, friendship, adventure, helping others and the power of girls together. For ages 5- 17 yrs old. Meetings are on Tuesday nights. \$12 joining fee to be paid to Girl Scouts of America. Class Fee: \$0  
#99787 Sep 3-Dec 10 F 6:00-7:30pm

### Halloween Spooktacular

Location: Green Road Community Center  
Age: 1-10yrs. Ages 10 and under. Halloween fun for kids. Join us, and participate in a variety of activities and games. SPACE IS LIMITED. Pre-registration is recommended. All participants must be accompanied by an adult. Class Fee: \$0  
#99081 Oct 25 M 6:30-8:00pm

### Homeschool Open Gym

Location: Barwell Road Community Center  
Age: 5-13yrs. Visit our gymnasium for some fun gym time. Participants, supervised by a parent or guardian, can interact with others while enjoying recreational activities. Some recreational equipment will be provided. Class Fee: \$0  
#98487 Sep 2-Dec 30 Th 1:00-3:00pm

### Kids Nite Out

Age: 6-10yrs. Kids, grab all your friends and come on over for a night filled with fun just for YOU! We'll have a light dinner, make crafts or play games, and watch a movie. Registration 3 days prior to the program date is required. Class Fee: \$10

#### Brier Creek

#99874 Sep 3 F 6:00-9:00pm  
#99871 Oct 8 F 6:00-9:00pm  
#99872 Nov 12 F 6:00-9:00pm  
#99873 Dec 10 F 6:00-9:00pm

#### Optimist Community Center

#100895 Sep 17 F 6:15-8:30pm  
#100896 Oct 15 F 6:15-8:30pm  
#100897 Nov 19 F 6:15-8:30pm  
#100898 Dec 17 F 6:15-8:30pm

### Let Kids be Kids!

Location: Sanderford Road Park  
Age: 5-12yrs. Bring your child to Sanderford Road for an evening full of fun and excitement! Participants will enjoy a variety of activities which may include board games, arts and crafts, computer time, or a movie at the center. Please bring a snack or your dinner. Class Fee: \$0  
#98979 Oct 15 F 6:00-8:00pm  
#98980 Dec 17 F 6:00-8:00pm

### Lights, Camera and Pop Corn

Location: Roberts Park Community Center  
Age: 6-14yrs. Yes, you can. Parents, drop the kids off and do something you enjoy. You kids will enjoy a great movie, refreshments and peers. We provide a trained staff. You kids will be in a safe, clean and fun environment. Class Fee: \$2  
#99762 Sep 24 F 6:00-8:30pm  
#99782 Oct 22 F 6:00-8:30pm  
#99783 Nov 19 F 6:00-8:30pm

### Movie Night/Noche de Peliculas

Location: Peach Road  
Age: All Ages. Some movies are like old shoes. Well worn but still loved. Come and relax to your favorite kid-flix. Class Fee: \$0  
#99437 Sep 3 F 5:00-6:30pm  
#99438 Oct 1 F 5:00-6:30pm  
#99439 Nov 5 F 5:00-6:30pm  
#99440 Dec 3 F 5:00-6:30pm

### October Carnival

Location: Roberts Park Community Center  
Age: 5-12yrs. A special night out for children who are between the ages of 4 to 14. Various games with opportunities to win entries for prizes. Prizes will be raffled at the conclusion of the carnival. All participants will receive candy. A night of fun in a safe environment. Class Fee: \$0  
#99331 Oct 30 Sa 11:30am-1:30pm

### Princess Tea Party

Location: Chavis Community Center  
Age: 3-8yrs. Calling all little princesses! Let's get together for a spot of tea and some girls only fun. Princess type attire is welcomed. Tea parties open to girls ages 3 -5 and girls ages 6-8. Class Fee: \$5

#### Princesses Ages 3-5

#100443 Sep 18 Sa 11:30am-12:30pm  
#100444 Nov 20 Sa 11:30am-12:30pm

#### Princesses Ages 6-8

#100446 Sep 18 Sa 12:30-1:30pm  
#100447 Nov 20 Sa 12:30-1:30pm

### Santa's Elves Workshop

Location: Laurel Hills Community Center  
Age: Up to 12yrs. The holiday season is here and the Raleigh Youth Council has planned a festive morning for children. This drop in program features make it/take it craft projects, refreshments and entertainment. We are expecting a special visitor from the North Pole! Please help us support the Youth Council's food drive by sending each child with two non-perishable food items. All contributions will be given to the Food Bank

of NC. Children 12 and under are invited to join us and must be accompanied by a parent. Class Fee: \$0  
#99259 Dec 4 Sa 10:00am-12:00pm

### Shopping Day Out

Location: Greystone Community Center  
Age: 4-12yrs. Drop your little ones for a fun filled morning while you get a head start on your Holiday shopping! Children will enjoy games, arts and crafts and fun on our indoor playground. Children should bring a snack and drink. Lunch will not be provided. Class Fee: \$15  
#100519 Nov 27 Sa 9:30am-12:30pm

### Tricky Treat Bags

Location: Chavis Community Center  
Age: 4-12yrs. Decorate and personalize your own treat bag for the up coming Halloween festivities. Class Fee: \$3  
#100205 Oct 19 T 6:00-7:00pm

### Twick or Tweak

Location: Laurel Hills Community Center  
Age: Up to 10yrs. Put on your best costume and join us for a fun evening of spectacular surprises, music, dancing, games, contests and treats! (No twicks!) Fun for the whole family! All participants accompanied by parent, please. Class Fee: \$0  
#98633 Oct 26 T 6:00-8:00pm

### Youth Escape School at Worthdale Park

Location: Worthdale Community Center  
Age: 5-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while Mom and Dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts and crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and two snacks. Class Fee: \$20  
#100310 Oct 1 F 7:30am-6:00pm  
#100307 Oct 29 F 7:30am-6:00pm  
#100308 Nov 11 Th 7:30am-6:00pm  
#100309 Nov 24 W 7:30am-6:00pm

### Youth Escape School Carolina Pines

Location: Carolina Pines Community Center  
Age: 6-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts and crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and two snacks. Must register 3 days before the start of the program. (Registration for the December 23 YES day MUST be

processed by 9:30pm on the December 19. Registration for the January 2 must be processed by Dec 28). Class Fee: \$20  
 #100432 Oct 1 F 7:30am-6:00pm  
 #100433 Oct 29 F 7:30am-6:00pm  
 #100434 Dec 22 W 7:30am-6:00pm

## Teen

### Card Night

Location: Halifax Community Center  
 Age: 16yrs and up. Come and enjoy a few hands of cards and some social time with your peers. Class Fee: \$0  
 #99575 Sep 8-22 W 6:00-7:30pm

### Flava Dayz

Location: Carolina Pines Community Center  
 Age: 10-16yrs. Looking for something to do for your teens on teacher workdays? Add Some FLAVA to their lives! This is a half day program for preteens and teens interested in more than sitting home on days off. Program will include field trips, facility activities, and lunch. Pre-registration is required. Program locations include Biltmore Hills, Carolina Pines, Chavis, Halifax, Peach Rd, Ralph Campbell, Roberts, Tarboro Road, Walnut Terrace, and Worthdale Centers. Call for more information. Class Fee: \$5  
 #100370 Oct 1 F 11:00am-3:00pm  
 #100371 Oct 29 F 11:00am-3:00pm  
 #100372 Dec 22 W 11:00am-3:00pm

### Preteen Scene

Location: Peach Road  
 Age: 9-11yrs. A club for Preteens ages 9-11 Activities include, but are not limited to, field trips, team building, life skills, leadership skills etc. No meetings on holidays. Call for more information. Class Fee: \$0  
 #99423 Sep 2-Dec 23 Th 6:30-7:30pm

### Raleigh Youth Council

Location: Laurel Hills Community Center  
 Age: 14-18yrs. Are you a high school student that is interested in initiating, organizing, and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, and fundraising as well as special events such as: Youth Legislative Assembly, State Youth Council Conferences, Domino Day, and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The Raleigh Youth Council is sponsored by the Raleigh Parks and Recreation Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating please contact the Teen Program at 919-807-5409. Class Fee: \$0  
 #98563 Aug 30 M 7:00-8:00pm  
 #98555 Sep 13 M 7:00-8:00pm  
 #98556 Sep 27 M 7:00-8:00pm

#98557	Oct 11	M	7:00-8:00pm
#98558	Oct 25	M	7:00-8:00pm
#98559	Nov 8	M	7:00-8:00pm
#98560	Nov 22	M	7:00-8:00pm
#98561	Dec 6	M	7:00-8:00pm
#98562	Dec 13	M	7:00-8:00pm

### Teen Music Night

Age: All Ages. Come out and join other teens as you listen to your favorite up and coming local teen hip hops acts and bands. Oct 16 at Lions Park will showcase local hip hop and rap talent and Nov 20 at Laurel Hills will showcase teen rock and alternative bands. Teen Music Night is sure to entertain! Concessions will be offered and its just \$7 at the door. The next big thing might just come out of Raleigh and now is your chance to say you knew them when....Class Fee: \$7  
**Lions Park**  
 #100420 Oct 16 Sa 7:00-10:00pm  
**Laurel Hills**  
 #100421 Nov 20 Sa 7:00-10:00pm

### Teen Outreach Program

Age: All Ages. Every teenager wants and deserves a safe place to visit where the door is always open to them. The Teen Outreach Program (TOP) of the Raleigh Parks and Recreation Department offers such a place for our teenagers. Our mission is to provide a consistent positive alternative by providing recreational opportunities for youth. The program will focus on arts, athletics, and achievement. The program will take place at Biltmore Hills, Chavis, Green Road, Lions Park, Method Road, Tarboro Road, and Worthdale Community Centers from 3-6pm. Please call 919-807-5413 or one of the community centers for more information. Class Fee: \$0  
**Biltmore Hills**  
 #100274 Aug 30-Dec 17 M,W,F 3:00-6:00pm  
**Chavis**  
 #100275 Aug 30-Dec 17 M-F 3:00-6:00pm  
**Lions Park**  
 #100271 Aug 30-Dec 17 M-F 3:00-6:00pm  
**Green Road**  
 #100319 Aug 30-Dec 17 M-F 3:00-6:00pm  
**Method Road**  
 #100270 Aug 31-Dec 17 T,Th-F 3:00-6:00pm  
**Worthdale**  
 #100273 Aug 31-Dec 17 T,Th-F 3:00-6:00pm  
**Tarboro Road**  
 #100272 Aug 30-Dec 17 M-F 3:00-7:00pm

### Teen Scene

Location: Peach Road  
 Age: 12-17yrs. Bored in the house? Come and hang out with us at Peach Rd. You tell us. Ideas and activities change weekly. You help us plan what you want to know about. Class Fee: \$0  
 #99426 Sep 2-Dec 23 Th 6:30-8:00pm

### Teen Time!

Location: Sanderford Road Park  
 Age: 13-17yrs. Teens, it's that time at Sanderford Road! This program encourages teen socialization, volunteerism, and recreation. Participants will have the opportunity to discuss issues that impact teens as well as explore interests of their

own. It's your time. Class Fee: \$0  
 #98663 Sep 17 F 6:00-8:00pm  
 #98664 Nov 19 F 6:00-8:00pm

## Adult

### Adult Bingo

Location: Walnut Terrace Community Center  
 Age: 18-99yrs. AN ADULT ONLY PROGRAM. Fun to be had by all. No one under the age of 18yrs. is allowed in the facility during this time. Prizes for ALL winners. 2 boards for \$1. Class Fee: \$0  
 #100351 Sep 3 F 6:30-8:30pm  
 #100352 Oct 1 F 6:30-8:30pm

### Bid Whist Night

Location: Walnut Terrace Community Center  
 Age: 18-99yrs. Play the classic trick-taking card game. Bid your hand, name your trump and you and your partner make it. Bring your partner, if you don't have one, there may be someone else you doesn't have one, and come down for some good clean adult fun. \$1 per person. Class Fee: \$1  
 #100411 Sep 24 F 6:30-8:30pm

### Bridge – Capitol Bridge Club

Location: Jaycee Community Center  
 Age: 18yrs and up. Come join the Capitol Bridge Club as they meet twice a week for competitive bridge in a social atmosphere. Experienced players are welcome to join the Club. No bridge is played on City holidays. The club meets at Jaycee Center except during the summer months. During the summer, the club moves to Glen Eden. Membership dues \$1/person/meeting. Class Fee: \$1  
 #99812 Sep 3-28 T,F 9:00am-1:00pm  
 #99813 Oct 1-29 T,F 9:00am-1:00pm  
 #99814 Nov 2-30 T,F 9:00am-1:00pm  
 #99815 Dec 3-31 T,F 9:00am-1:00pm

### Bridge Club

Location: Tarboro Road Community Center  
 Age: 18yrs and up. Join fellow Bridge enthusiasts at this weekly afternoon club. Come and join a very competitive atmosphere for experienced players and have a lot of fun at the same time. Fees are \$1 per person per meeting. Class Fee: \$0  
 #99635 Sep 7-28 T 1:00-5:00pm  
 #99636 Oct 5-26 T 1:00-5:00pm  
 #99637 Nov 9-30 T 1:00-5:00pm  
 #99638 Dec 7-28 T 1:00-5:00pm

### Bridge for Beginners

Location: Millbrook Exchange Community Ctr  
 Age: 18yrs and up. Have you ever wanted to be able to join in a friendly, social game of bridge? This eight week class is just the place for beginners, and for those who have not played the game in many years. It includes instruction on bidding, strategy, and play of the hand. Learn the game and build your confidence with others who are just learning, too! Instructor: John Floreth. Class Fee: \$60  
 #98968 Sep 28-Nov 16 T 7:00-9:00pm

Adult Social continued next page —

Adult Social continued —

### Classic Chevy Car Club

Location: Jaycee Community Center  
Age: 18yrs and up. Car talk-Chevy style. Come join us and let's talk Classic Chevys. We meet the 4th Monday of each month except holidays. Membership dues are \$1/ person/meeting. Class Fee: \$1

#99836	Sep 27	M	6:00-8:45pm
#99837	Oct 25	M	6:00-8:45pm
#99838	Nov 22	M	6:00-8:45pm
#99841	Dec 27	M	6:00-8:45pm

### Do it yourself!

Location: Walnut Terrace Community Center  
Age: 18-99yrs. Didn't know you could do it—did you? Customize your own holiday wreath to decorate someone's front door. Keep it for yourself or give it away for a gift. You will be surprised at what you can do. Supplies are included in fee—\$12 per student. Class Fee: \$12

#100453	Oct 9	Sa	10:00am-12:00pm
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### German Shepherd Dog Club

Location: Millbrook Exchange Community Ctr  
Age: 18yrs and up. The purpose of the club is for the improvement of the German Shepherd Dog. The club meets the first Wednesday of each month. See club president for information on club dues. Class Fee: \$0

#100627	Sep 1	W	7:00-9:00pm
#100628	Oct 6	W	7:00-9:00pm
#100629	Nov 3	W	7:00-9:00pm
#100630	Dec 1	W	7:00-9:00pm

### Golden Kiwanis Club

Location: Pullen Community Center  
Age: 18yrs and up. Kiwanis, an Indian word meaning 'We Build,' is a club with members interested in serving and expressing themselves in public affairs in Raleigh and adjoining areas. Annual dues are required.

#98126	Sep 2-Dec 16	Th	10:30-11:30am
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### Gospicise

Location: Tarboro Road Community Center  
Age: 11-99yrs. Six week dance fitness program featuring Gospicise (Gospel Line Dance). Come learn the latest dance that's sweeping the nation and get a great 90 minute cardiovascular workout! Class Fee: \$30

#99866	Sep 10-Oct 15	F	6:00-7:30pm
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### Holiday Gift Giving on a Budget

Location: Greystone Community Center  
Age: 16-99yrs. Tips on what to put in your gift baskets and how to assemble an attractive basket on a budget. Class Fee: \$15

#100320	Dec 4	Sa	10:00-11:00am
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### Line Dance

Location: Tarboro Road Community Center  
Age: 13-99yrs. Six week dance fitness program featuring Soul-Line Dance. Come learn the latest dance that's sweeping the nation and get a great 90 minute cardiovascular workout! Class Fee: \$30

#99897	Sep 8-Oct 13	W	6:00-7:30pm
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### Non-Fiction Book Club at Green Road

Location: Green Road Community Center  
Age: 18yrs and up. Come join our book club where the focus is non-fiction! Members read a wide variety of non-fiction selections including book club favorites, award winners and best-selling non-fiction. Selected titles are proposed by member suggestions or picked from an annotated list provided by the group leader, a staff member at the Green Road Branch Library. Monthly selections will be advertised, and the club will meet every third Tuesday of each month at 7pm at Green Road Center. Pick up your copy at the front desk of the Green Road Branch Library. Class Fee: \$0

#99060	Sep 21	T	7:00-8:30pm
#99061	Oct 19	T	7:00-8:30pm
#99062	Nov 16	T	7:00-8:30pm
#99063	Dec 21	T	7:00-8:30pm

### Paying Paul

Location: Roberts Park Community Center  
Age: All Ages. Do you find yourself having to rob Peter to pay Paul? The government is not the only entity that has to make tough decisions. Budgeting should begin at home. This class is an introduction to earning, budgeting, saving and investing. Learn how to begin a business. It's time to get finances in order. Class Fee: \$10

#99751	Nov 6	Sa	1:00-2:30pm
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### Po-Ke-No Night

Location: Walnut Terrace Community Center  
Age: 18-99yrs. 'Ace of Spades'—That's my center—what's yours? Come and join us for some adult fun. Bring all of your pennies and play another version of Bingo. You win whatever is in the pot. Class Fee: \$0

#100379	Oct 8	F	6:30-8:30pm
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### Running – N.C. Roadrunners Club

Location: Glen Eden Park  
Age: 18yrs and up. North Carolina Roadrunners Club is dedicated to the promotion and encouragement of running and walking. The club participates in many activities throughout the year including races, social runs, literary pursuits and more! The club is open to individuals and families and meets on a quarterly basis. The club meets at Glen Eden Pilot Park – 1500 Glen Eden Dr. twice a year. Membership dues are \$1/person/meeting. No registration required. Call to confirm the other two meeting dates and locations 931-6047 or [www.ncroadrunners.org](http://www.ncroadrunners.org). Class Fee: \$1

#99934	Dec 9	Th	7:00-9:00pm
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### Senior Club – Worthdale Walkers

Location: Worthdale Community Center  
Age: 55yrs and up. Come out and enjoy walking, fellowship, and health/life management sessions. Attend special events for older adults and take field trips throughout the year. This club meets on Thursdays at 11:00am. For more information contact Carletta Lawson at

250-2730. Class Fee: \$0

#100262	Sep 2	Th	11:00am-1:00pm
#100264	Oct 7	Th	11:00am-1:00pm
#100263	Nov 4	Th	11:00am-1:00pm
#100265	Dec 2	Th	11:00am-1:00pm

### Sertoma Group – Capital City Camera Club

Location: Sertoma Arts Center  
Age: 18yrs and up. All levels of photography enthusiasts are invited to join—amateur to professional, and b/w to digital! Club meets on the 1st and 3rd Monday each month. Note: Course fee is collected at each visit. See club officers for more information on additional fees and dues. Class Fee: \$1

#98526	Aug 30-Dec 13	M	7:30-9:30pm
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### Sertoma Group – Portrait Painters

Location: Sertoma Arts Center  
Age: 16yrs and up. If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and join a group dedicated to producing beautiful portraits. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues. Class Fee: \$1

#98527	Aug 31-Dec 14	T	10:00am-12:30pm
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### Sertoma Group – Raleigh Miniatures Guild

Location: Sertoma Arts Center  
Age: 18yrs and up. This group is for arts enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues. Class Fee: \$1

#98528	Sep 2-Dec 16	Th	1:00-3:00pm
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### Sertoma Group – Sertoma Park Artists

Location: Sertoma Arts Center  
Age: 16yrs and up. Come join this creative group of artists that meets every Thursday. Individuals are welcome to visit the group and find out more about joining. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues. Class Fee: \$1

#98529	Sep 2-Dec 16	Th	10:00am-12:30pm
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### Sertoma Group – Sertoma Writers Club

Location: Sertoma Arts Center  
Age: 16yrs and up. This artist-to-artist support group meets on the 1st and 3rd Sunday of each month. Members read their poetry, articles and fiction aloud or come to listen to constructive criticism and mutual encouragement. Geni Fitzgerald facilitates the meetings. Class Fee: \$1

#98530	Aug 29-Dec 12	Su	1:30-4:00pm
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### SisterShare

Location: Walnut Terrace Community Center  
Age: 18-99yrs. This program is for women to take a moment for themselves to talk with other ladies about issues that they may be facing. These issues may include, but not be limited to, relationships; children; health; abuse; education; finance; etc. Relaxed atmosphere!

Child care is provided. Class Fee: \$0  
 #99802 Sep 2-Dec 16 Th 6:30-8:30pm

### Spades at Tarboro Road

Location: Tarboro Road Community Center  
 Age: 14yrs and up. Bring your partner or come on your own. Learn strategies of the game and meet people in your community. Beginners to serious players welcome. Bring your kids and let them watch movies in the next room while you are playing cards!  
 Class Fee: \$0  
 #99947 Sep 10 F 6:30-8:30pm  
 #99949 Oct 8 F 6:30-8:30pm  
 #99951 Nov 12 F 6:30-8:30pm  
 #99975 Dec 10 F 6:30-8:30pm

### Spades Night

Location: Walnut Terrace Community Center  
 Age: 18yrs and up. Bring your partner and come on down for some serious SPADE PLAYING. Partners are not required to get in on the action. Class Fee: \$1  
 #100350 Sep 17 F 6:30-8:30pm  
 #100349 Oct 15 F 6:30-8:30pm

### Tarheel Triangle Cat Fancier

Location: Millbrook Exchange Community Ctr  
 Age: All Ages. This group meets to discuss different issues related to the breeding of long-haired and short-haired cats. Members discuss topics that help enhance their knowledge of cats. See club leader for more information. The club meets the second Wednesday of the month. Class Fee: \$0  
 #100679 Sep 8 W 6:30-8:30pm  
 #100680 Oct 6 W 6:30-8:30pm  
 #100681 Nov 10 W 6:30-8:30pm  
 #100682 Dec 8 W 6:30-8:30pm

## Senior

### Bingo

Age: 55yrs and up. Come and enjoy making friends and sharing lots of laughs while playing Bingo! This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cent per card.

#### Greystone Community Center

#100343 Sep 7-Dec 21 T 2:00-3:30pm

#### Millbrook Exchange Community Center

#99215 Sep 3-24 F 9:30am-12:00pm  
 #99216 Oct 1-29 F 9:30am-12:00pm  
 #99217 Nov 5-19 F 9:30am-12:00pm  
 #99218 Dec 3-24 F 9:30am-12:00pm

#### Pullen Community Center

#98095 Sep 8-Dec 22 W 2:00-4:00pm

#### Green Road Community Center

#99098 Sep 7-28 T 10:00am-12:30pm  
 #99099 Oct 5-26 T 10:00am-12:30pm  
 #99100 Nov 2-30 T 10:00am-12:30pm  
 #99101 Dec 7-28 T 10:00am-12:30pm

#### Marsh Creek Park

#100957 Sep 2-23 Th 9:15am-12:30pm  
 #100958 Oct 7-28 Th 9:15am-12:30pm  
 #100959 Nov 4-25 Th 9:15am-12:30pm  
 #100960 Dec 2-23 Th 9:15am-12:30pm

#### Carriage House Apartments

#99352 Sep 6-Dec 27 M 1:30-2:30pm

#### Parkview Manor Apartments

#99354 Sep 6-Dec 27 M 3:00-4:00pm

### Bingo Seniors

Location: Roberts Park Community Center  
 Age: 55yrs and up. Spell B-I-N-G-O horizontally, vertically or diagonally and other ways sometimes. Win great prizes. Must be 55 to hollar Bingo. Cost is \$1 for three cards. You can't win if you don't play. Refreshments provided. Class Fee: \$1  
 #99307 Sep 28 T 12:00-1:30pm  
 #99308 Oct 19 T 12:00-1:30pm  
 #99309 Nov 16 T 12:00-1:30pm  
 #99310 Dec 14 T 12:00-1:30pm

### Book Club at Green Road for Seniors

Location: Green Road Community Center  
 Age: 55yrs and up. Join the Green Road Library staff at the Green Road Community Center on the third Thursday of each month to discuss the book selection of the month.  
 Class Fee: \$0  
 #99064 Sep 16 Th 10:00-11:30am  
 #99065 Oct 21 Th 10:00-11:30am  
 #99066 Nov 18 Th 10:00-11:30am  
 #99067 Dec 16 Th 10:00-11:30am

### Mah Jongg Beginners

Location: Greystone Community Center  
 Age: 50yrs and up. Mah Jongg is a tile game that can be traced back to the end of the last century. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself. For more information contact Carmen Rayfield at 807-8525. Class Fee: \$0  
 #99381 Sep 6-27 M 2:00-4:00pm

### Mah Jongg Intermediate

Location: Greystone Community Center  
 Age: 50yrs and up. These intermediate workshops are for those individuals that have been through the Senior Mah Jongg beginners workshop or have played the game in the past and need a refresher course. For more information on these workshops contact Carmen Rayfield at 807-8525. Class Fee: \$0  
 #99382 Oct 4-25 M 2:00-4:00pm

### Mah Jongg Open Play

Location: Greystone Community Center  
 Age: All Ages. Come play Mah Jongg with your friends. This program is for individuals who know how to play and do not need instructions. Bring your game boards and cards. Class Fee: \$0  
 #99404 Sep 6-Dec 27 M 2:00-4:00pm

### Pokeno

Location: Biltmore Hills Community Center  
 Age: All Ages. Come out and play the Pokeno card game with seasoned veterans. For more information call Biltmore Hills at (919)831-6895. Class Fee: \$0  
 #100392 Sep 2-Dec 16 Th 12:00-3:00pm

### Senior Adventure Club SOAR

Location: Non-City Owned Site  
 Age: 50yrs and up. Looking for a group of active adults to go on adventure trips with, well look no further. This club is for individuals who are interested in doing

outdoor activities with other adults. This club is not for the extreme sports person. The group will do things like: hiking, white water rafting, canoeing, camping, exotic travels and much more. Registering for this club will put you on the mailing list to receive the fliers for all upcoming trips. Call 807-8525 for trip dates and time or visit our web site at [www.raleighnc.gov/seniors](http://www.raleighnc.gov/seniors).

### Senior Citizens Club

Location: Roberts Park Community Center  
 Age: 55-90yrs. A social club for persons 55 and older. Activities include trips, educational and physical activities, banquets, movies, music, guest speakers, special events and more. An excellent way to make new friends and fulfill the need to belong. Class Fee: \$0  
 #99504 Sep 14-28 T 10:30am-12:00pm  
 #99505 Oct 5-26 T 10:30am-12:00pm  
 #99506 Nov 2-23 T 10:30am-12:00pm  
 #99507 Dec 7-21 T 10:30am-12:00pm  
 #99791 Nov 3-17 W 10:30am-2:00pm  
 #99792 Dec 1-22 W 10:30am-2:00pm

### Senior Fridays

Location: Greystone Community Center  
 Age: 55yrs and up. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you! Class Fee: \$0  
 #100357 Sep 3-Dec 10 F 1:00-3:00pm

### Senior Gamesters

Location: Lake Lynn Community Center  
 Age: 55yrs and up. Our seniors at Lake Lynn know how to have fun. Come join them for ping-pong (Tuesdays and Saturdays) and card games (Tuesdays). Class Fee: \$0  
 #99496 Sep 7-Dec 28 T 6:30-8:45pm  
 #99497 Sep 4-Dec 25 Sa 9:00-11:00am

### Senior Monday Morning Movies

Green Road Community Center  
 Age: 55yrs and up. Are you in the mood for a good movie, popcorn and soda? Then come join your friends as we view current films as well as classics in a friendly environment. Preregistration is necessary due to popularity! Class Fee: \$2

#99102 Sep 13 M 10:00am-12:00pm  
 #99103 Sep 20 M 10:00am-12:00pm  
 #99104 Sep 27 M 10:00am-12:00pm  
 #99105 Oct 4 M 10:00am-12:00pm  
 #99106 Oct 11 M 10:00am-12:00pm  
 #99107 Oct 18 M 10:00am-12:00pm  
 #99108 Oct 25 M 10:00am-12:00pm  
 #99109 Nov 1 M 10:00am-12:00pm  
 #99110 Nov 8 M 10:00am-12:00pm  
 #99111 Nov 15 M 10:00am-12:00pm  
 #99112 Nov 22 M 10:00am-12:00pm  
 #99113 Nov 29 M 10:00am-12:00pm  
 #99114 Dec 6 M 10:00am-12:00pm  
 #99115 Dec 13 M 10:00am-12:00pm  
 #99116 Dec 20 M 10:00am-12:00pm  
 #99117 Dec 27 M 10:00am-12:00pm

**Seniors Read and Go**

Age: 18yrs and up. Are you and avid reader? Do you like to travel? The new Read and Go series combines the best of these two activities. Participants will read a select group of fiction and nonfiction books based on North Carolina locations and then travel to these sites to explore the areas the books are based on. The reading list and learn more about the trips and associated events with the program call 807-8525 or go to [www.raleighnc.gov/seniors](http://www.raleighnc.gov/seniors).

**Senior – Read and Watch**

Age: 18yrs and up. The Read and Go Program is offering a new twist; Read and Watch. We will pick Authors who have movies based on their books. We will read the book, have a book discussion then watch the movie that is based on the book. Preregister required for each book discussion. This year we will focus on North Carolina writer, Anne Tyler. Contact Carmen at 919-807-8525 for questions and to register.

Class Fee: \$0

**Back When We Were Grownups**

#99366 Oct 22 F 1:00-3:00pm

**Family****Banana Split Night**

Location: Walnut Terrace Community Center  
Age: 5-99yrs. Ice cream lovers this is for you. Come and make your own banana split with your favorite toppings. Better than ice cream parlor splits because you make it yourself. \$2 per person. Class Fee: \$2  
#100481 Oct 12 T 7:00-8:30pm

**Battle of the Baked Goods**

Location: Mordecai Historic Park  
Age: All Ages. Calling All Baker's! Enter Mordecai Historic Park's Battle of the Baked Goods. There are Cake and Cookie categories for both Adults (18 and over) and Youth (17 and under). Entries will be judged, and prizes will go to the top two entries in each category. The public is welcome to come out to Mordecai and get a taste of all the cakes and cookies. Class Fee: \$0  
#99700 Sep 18 Sa 11:00am-1:00pm

**Community Holiday Festival**

Location: Method Road Community Center  
Age: All Ages. This 2nd annual holiday celebration will be full of song, dance and cheer from the community organizations. Please join us as we celebrate 2010's Happy Holidays. Class Fee: \$0  
#100598 Dec 11 Sa 5:00-7:00pm

**Daddy Daughter Fall Ball**

Location: Green Road Community Center  
Age: 3yrs and up. Dads and Daughters—this is a chance to do something special for the fall season. Dust off your old dancing shoes and head on over to Green Road. The Daddy

Daughter Dance is the perfect time to create a special and memorable experience with your daughter. Enjoy dancing, refreshments and activities while spending quality time together. Get your picture taken so you can take the memory home with you. Dress is semiformal to formal. Class Fee: \$12  
#100796 Oct 15 F 6:30-8:30pm

**Event – Halloween Boo Bash**

Age: 1-10yrs. Join us for ghashling games, spooktacular activities, fang-tastic crafts and more each week leading up to our annual BOO BASH event which includes even more fun, chills and thrills, games, trunk-or-treating, a spooky bus and a haunted trail. Candy and plenty of creepy scares for the whole family to ex-FEAR-ience.

**BOO BASH (held at Brier Creek)****Free Event**

#99500 Oct 22 F 6:30-8:30pm

**Lake Lynn – Ghosts and Goblins!**

Ages 3-10 Fee: \$6

#99499 Oct 7 Th 6:30-7:30pm

**Brier Creek – Pumpkin Decorating Party**

Ages 4-10 Fee: \$8

#100369 Oct 1 F 6:00-7:30pm

**Optimist – Crazy Cauldrons**

Ages 3-10 Fee: \$6

#100374 Oct 14 Th 6:30-7:30pm

**Fall Carnival**

Location: Carolina Pines Community Center  
Age: 1-10yrs. Lots of scary fun with games, prizes, and treats! Wear a costume and be sure to bring an adult to share the fun. Admission is free. Class Fee: \$0  
#100358 Oct 25 M 6:30-8:00pm

**Family Movie Nights**

Age: 1-99yrs. Treat the entire family to a movie for FREE! We can pop your popcorn for you. Family pre-registration is required. Class Fee: \$0

**Sgt Courtney T Johnson Center**

#99639 Sep 24 F 6:00-8:00pm

#99640 Oct 22 F 6:00-8:00pm

#99641 Nov 5 F 6:00-8:00pm

#99642 Dec 17 F 6:00-8:00pm

**Tarboro Road Community Center**

#99643 Sep 10 F 6:00-8:00pm

#99644 Oct 8 F 6:00-8:00pm

#99645 Nov 12 F 6:00-8:00pm

#99646 Dec 10 F 6:00-8:00pm

**Family Night at the Movies**

Location: Sanderford Road Park  
Age: 6-99mos. We've got the movie-you bring the kids, parents, or friends! Join us the third Friday of each month at Sanderford Road Center. Pre-registration is required. Class Fee: \$0  
#98758 Sep 3 F 6:00-8:00pm  
#98984 Oct 1 F 6:00-8:00pm  
#98985 Nov 5 F 6:00-8:00pm  
#98987 Dec 3 F 6:00-8:00pm

**Fireside Music with Celtic Fiddle**

Location: Durant Nature Park

Age: All Ages. One of the simplest and best things in life is music around a campfire. We invite you to join Mara Shea of the Elftones on the fiddle with a friend for a selection of traditional tunes from Old-Time and Irish and Scottish traditions. Bring a folding chair or blanket for the grass. All programs will move inside the Training Lodge if weather is a concern. Register in advance or at the door. Free for ages 10 and under. Over age 10: \$5. Class Fee: \$0  
#98226 Sep 10 F 7:00-8:00pm

**First Friday Movie Night**

Location: Carolina Pines Community Center  
Age: 1yrs and up. Treat the whole family! First Fridays at Carolina Pines. Come out and enjoy a movie night with your family at Carolina Pines. Family registration required. No movie showing July 4. Class Fee: \$0  
#100364 Sep 3 F 6:30-8:30pm  
#100365 Oct 1 F 6:30-8:30pm  
#100366 Nov 5 F 6:30-8:30pm  
#100367 Dec 3 F 6:30-8:30pm

**Game It Up**

Location: Sanderford Road Park  
Age: 5yrs and up. Socialize with friends while playing popular games like Uno, Connect Four, Sorry, Twister. Like a challenge? Try Pictionary, Taboo, or Cranium for the older gamers. Class Fee: \$0  
#98704 Sep 10 F 6:00-8:00pm  
#98701 Oct 8 F 6:00-8:00pm  
#98702 Nov 12 F 6:00-8:00pm  
#98703 Dec 10 F 6:00-8:00pm

**Halloween Movie Night**

Location: Biltmore Hills Community Center  
Age: 1-99yrs. Come on out for a Movie Party. Wear your costumes and be ready for candy, popcorn, a movie and FUN! Class Fee: \$0  
#100378 Oct 29 F 6:00-8:30pm

**Haunted Halloween**

Location: Peach Road

Age: All Ages. Witches and goblins, spooks and spiders, join us for the spookiest night of the year at Peach Road. Class Fee: \$0  
#99420 Oct 29 F 6:00-8:00pm

**Holiday Cookie Decorating Workshop**

Location: Lake Lynn Community Center  
Age: 5-10yrs. Have you always wanted to make holiday cookies that look as good as what you see in the magazines, but not sure how? Looking for a fun holiday activity to share with your child? Then join us for a holiday cookie decorating workshop! This workshop, designed for children ages 5-10 and their parent/caregiver, will give you and your child all the tips and tricks to decorate fun and festive holiday cookies. All materials are provided and at the end of the workshop, each child will leave with a beautiful set of cookies to take home and enjoy as well as memories to share! Class Fee: \$20  
#100356 Dec 4 Sa 1:00-3:00pm

## Golden Years Clubs

The Golden Years Clubs are composed of persons 55 years and better. Anyone meeting the age requirements may join any of the clubs. Interested persons (Raleigh residents and non-residents) are invited to join any of the 48 clubs located throughout Raleigh. Clubs meet weekly or twice monthly. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. A complete list of clubs can be found in the Social Section on our website at [raleighnc.gov/seniors](http://raleighnc.gov/seniors) or call 831-6851.

### Best Is Yet To Be

Powell Drive Neighborhood Center  
740 Powell Drive  
Mary Lou Franklin, 846-0492  
1st/3rd Friday, 10:00am

### Brier Creek Senior Club

10810 Globe Road  
Linda Palumbo, 420-2340  
Tuesdays, 10:00am

### Caraleigh Club

Caraleigh Community Center  
118 Summit Avenue  
Mary Lou Franklin, 846-0492  
Tuesdays, 10:00am

### Carolina Pines Club

St. Barnabus Church  
1420 Carolina Pines Ave.  
Tonya McNeil, 831-6435  
2nd Wednesday, 10:00am

### Catholic Golden Age

Our Lady of Lourdes Catholic Church  
2718 Overbrook Drive  
Ed Chauvaux, 217-9580  
1st Sunday, 2:00pm

### Fellowship Club

West Raleigh Presbyterian Church  
27 Home Street  
Laura Miller, 851-7042

2nd/4th Tuesday, 10:00am

### Fifty-Five Plus Club

Millbrook Exchange Community Center  
1905 Spring Forest Road  
Nikki Speer, 872-4156  
Wednesdays, 10:00am

### First Cosmopolitan Senior Club

First Cosmopolitan Baptist Church  
1515 Crosslink Road  
Gene McCabe, 266-1222  
4th Tuesday, 6pm

### Glenwood Towers Club

Glenwood Towers Apartments  
509 Glenwood Avenue  
Elsie Nasse, 829-8087  
2nd/4th Wednesday, 10:00am

### Go-Getters Club

Stonehenge Apts. Club House  
7303 Hihenge Court  
Lauren Llewellyn, 783-0558  
2nd/4th Thursday, 10:00am

### Golden Circle Club

Lions Park Community Center  
516 Dennis Avenue  
Helen Sanders, 250-0058  
2nd Monday, 10:00am

### Golden Eagles Club

Top Greene Neighborhood Center  
401 Martin Luther King Jr. Blvd.  
Carletta Moore, 250-2730  
Wednesdays, 11:00am

### Grand Age Club

Hayes Barton  
United Methodist Church  
2209 Fairview Road  
Margie Lucas, 467-0572  
Thursdays, 11:15am

### Green Road Book Club

Green Road Community Center  
4201 Green Road  
Emily Gardner, 872-4140

3rd Thursday, 10:00am

### Heddingham Hi-Milers Club

Willow Oak Club House  
4401 Willow Oak Dr.  
Bob Carper, 231-6038  
2nd Tuesday, 10:00 am

### Jaycee Park Club

Jaycee Park Community Center  
2405 Wade Avenue  
Doris Wilkins, 510-9932  
Wednesdays, 9:30am

### Joy Club

North Raleigh  
United Methodist Church  
8501 Honeycuff Road  
Marge Kalcinski, 846-0634

Wednesdays, 11:00am

### Keenagers Club

White Memorial Presbyterian Church  
1704 Oberlin Road  
Tracey Walston, 414-7748  
Thursdays, 10:30am

### Lake Lynn Seniors

Lake Lynn Community Center  
7921 Ray Road  
Lauren Llewellyn, 783-0558  
Tuesdays, 10:00am

### Laurel Hills Bridge Club

Laurel Hills Community Center  
3808 Edwards Mill Road  
Cindy Williams, 420-2383  
Tuesdays, 10:15am

### Lions Park Club

Lions Park Community Center  
516 Dennis Avenue  
Virginia Pearce, 231-8376  
1st & 3rd Wednesday, 10:00am

### Lords and Ladies Club

Visually Impaired Program  
2401 Wade Avenue  
Christine Cummings, 807-5403  
1st/3rd Tuesday, 10:00am

### OCBC Twilights

Oak City Baptist Church  
608 Method Road  
James Simuel, 839-5869  
1st and 3rd Thursday, 12:00noon

### Parkview Manor Senior Club

Parkview Manor Apartments  
911 N. Blount Street  
Mary Gibbs, 395-9668  
2nd Tuesday, 2:00pm

### Pearls & Jewels Club

Elders Peak Apartments  
2917 Creech Road  
Ponnie Jones, 828-2322  
2nd Tuesday, 6pm

### Prime Timers Club

Hillyer Memorial Christian Church  
718 Hillsborough Street  
Dick Goudie, 851-3046

3rd Thursday, 10:30am

### Pullen Park Club

Pullen Park Community Center  
408 Ashe Avenue  
Anita Spencer, 831-6052  
Wednesdays, 10:00am

### Quail Hollow Club

Eastgate Neighborhood Center  
4200 Quail Hollow Drive  
Betty Odham, 954-1974  
Wednesdays, 9:45am

### Quest Fellowship Senior Club

Raleigh Baptist Association Bldg.  
4105 Poole Road  
Betty Atkinson, 833-7273  
2nd Monday, 10:30am

### Roberts Park Seniors Club

Roberts Park Community Center  
1300 East Martin Street  
Sherri Hartsfield, 831-6830  
Tuesdays, 11:00am

### St. Francis Club

St. Francis of Assisi Parish  
11401 Leesville Rd.  
Kathy Meierer, 847-0705  
2nd/4th Wednesday, 2:00pm

### Sir Walter

Council Activities Club  
Sir Walter Apartments  
400 Fayetteville Street Mall  
Jean McDonald, 832-1300

1st Monday, 7:00pm

### Smiling Age Club

Billmore Hills Community Center  
2615 Fitzgerald Drive  
Kenny Lyons, 831-6895  
Tuesdays, 10:00am

### Sparkling Seniors Club

SW Adult Day Health Center  
2034 New Bern Ave.  
Rose Simmons, 231-2245  
Call for meeting days/times

### Tabernacle 55+ Club

Tabernacle Baptist Church  
8304 Leesville Road  
Peggy Holland,  
872-2508 or 781-4600

1st/3rd Thursday, 11:30am

### Thirty-Niners Club

First Baptist Church  
99 N. Salisbury Street  
Mary Alice Seals, 832-4485  
Thursdays, 10:30am

### Touch of Love

St. Matthew Baptist Church  
5410 Louisburg Road  
Shirley Brown, 266-1706  
2nd/4th Wednesday, 10:00am

### Trinity JOY Club

Trinity United Methodist Church  
824-B Bloodworth Street  
Mary Rust, 845-9626  
3rd Tuesday, 11:00am.

### Wakefield Plantation Sr.

The Gardens at Wakefield Apts  
12800 Spruce Tree Way  
Melinda Hall, 562-5580  
1st Monday, 2:00pm.

### Wakefield Villagers Club

Villages of Wakefield Clubhouse  
12650 New Falls of Neuse Road  
Margaret King, 556-9541  
2nd/4th Tuesday, 9:00am

### Walnut Terrace Friendship Club

Walnut Terrace Community Center  
111 W. Lee Street  
Ethel Evans, 832-6155  
Wednesdays, 10:00am

### Watts Chapel Club

Watts Chapel Baptist Church  
3703 Tryon Road  
Gertrude Cromwell, 833-9997  
1st/3rd Tuesday, 10:30am

### Worthdale Walkers Club

Worthdale Community Center  
1001 Cooper Road  
Jackie Stroud, 250-2730  
Thursdays, 11:00am

### Young at Heart Club

Whitaker Mill Senior Center  
401 E. Whitaker Mill Road  
Carolyn Mitchell, 852-0515  
2nd/4th Wednesday, 10:00am

Family Social continued from page 78

### Pumpkinfest

Location: Barwell Road Community Center  
Age: Up to 12yrs. Celebrate fall and pumpkins in our 4th annual event. Pumpkins will come alive through your favorite carnival games, obstacle course, crafts, and more. Wear comfortable shoes and be ready for fun! Class Fee: \$0  
#99174 Oct 22 F 6:30-8:30pm

### Remote Control Car Open Drive

Location: Barwell Road Community Center  
Age: 3yrs and up. Bring your new or old remote control car for some good, warm fun! Challenge yourself or a friend to a race on the sprint or obstacle course. Try out challenges like the sumo ball push or the jumping ramp. Only non-flying vehicles with rubber wheels will be admitted. Class Fee: \$0  
#99327 Dec 28 T 2:00-5:00pm

### Santa's Elves Ornament Social

Location: Greystone Community Center  
Age: 6-16mos. Help us celebrate the season with an ornament making social. Santa's Elves will join us as we make handmade ornaments and enjoy cookies and milk. Class Fee: \$8  
#100483 Dec 17 F 10:00-11:30am

### Snacks with Santa

Location: Chavis Community Center  
Age: 1-12yrs. Join us for fun activities and snacks with Santa Claus. Have your picture made with him to take home as a keepsake! Class Fee: \$0  
#100201 Dec 11 Sa 10:30am-12:00pm

### Snacks With Santa at Worthdale

Location: Worthdale Community Center  
Age: 5-12yrs. Parents, are you tired of waiting in line at the mall to get your child's picture with Santa? Well, come on out to Worthdale and relax while your child has snacks and a picture with Santa. Class Fee: \$0  
#100247 Dec 9 Th 5:00-7:00pm

### Tarboro Road Halloween Carnival

Location: Tarboro Road Community Center  
Age: 3-12yrs. We will be having a fun-filled good time. Lots of prizes and goodies. Come out and join the Tarboro Road Family—if you're not too scared! Class Fee: \$0  
#99648 Oct 30 Sa 12:00-2:00pm

### The Pumpkin Patch

Location: Greystone Community Center  
Age: 6-15mos. Join us for a mom or dad and me pumpkin party! Please bring a small pumpkin to decorate and enjoy donuts and cider as we enjoy the fall season. Class Fee: \$5  
#100480 Oct 26 T 10:00-11:00am

### Walnut Terrace Haunted House

Location: Walnut Terrace Community Center  
Age: 6-99yrs. Not for the young and weak but for the strong who seek a chill.

Fun-filled, safe adventure for the brave at heart. Children 8yrs. and under must be accompanied by an adult 18yrs or older. Class Fee: \$1  
#100143 Oct 28 Th 6:30-8:00pm

## Specialized Recreation

### Youth

#### Friendly Afterschool Program – Elementary

Location: Millbrook Exchange Community Ctr  
Age: 5-12yrs. The Friendly Afterschool program is for youth with developmental and/or physical impairments. Participants must be able to display appropriate behavior and function independently on a 1:4 ratio. Program is held based on the Wake County Traditional Calendar. The program will not meet on teacher workdays, dismissal due to inclement weather, or holidays. No refunds will be granted for days missed or cancelled due to vacation, illness, suspension, or inclement weather. Transportation is not provided, but may be arranged through your child's IEP. Payment may be made in weekly or monthly installments. For additional information, please contact Jennifer Tabery at 807-5402. Class Fee: \$1200  
#99223 Aug 25-Dec 28 M-F 3:00-6:00pm

#### Youth Recreational Bowling

Location: Non-City Owned Site  
Age: 6-12yrs. This bowling program is recreational in nature and provides a fun and exciting place for youth with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. Siblings are also allowed to join this program. For more information, contact Jennifer Tabery at 807-5402. Class Fee: \$20

#### AMF Capital

#99203 Sep 25-Oct 16 Sa 10:00am-12:00pm  
#99204 Oct 23-Nov 13 Sa 10:00am-12:00pm  
#99205 Nov 20-Dec 11 Sa 10:00am-12:00pm

#### AMF South Hills

#99207 Sep 25-Oct 16 Sa 10:00am-12:00pm  
#99208 Oct 23-Nov 13 Sa 10:00am-12:00pm  
#99209 Nov 20-Dec 18 Sa 10:00am-12:00pm

### Teen

#### Chefs in Training Cooking Class

Location: Jaycee Community Center  
Age: 12-22yrs. Are you hungry to learn how to cook? The Chefs in Training Cooking Class will allow participants with developmental and/or physical disabilities to cook and eat a variety of foods while developing life skills and social skills.

Kitchen safety, hygiene, food groups, healthful meal planning, basic table manners, as well as food preparation will be covered. Participants will showcase their new cooking skills during the final class, when they will prepare a meal for the parents! Class Fee: \$40  
#98214 Sep 15-Oct 6 W 6:00-8:00pm

#### Friendly Afterschool Program

Location: Millbrook Exchange Community Ctr  
Age: 6-21yrs. The Friendly Afterschool program is for youth with developmental and/or physical impairments. Participants must be able to display appropriate behavior and function independently on a 1:4 ratio. Program is held based on the Wake County Traditional Calendar. The program will not meet on teacher workdays, dismissal due to inclement weather, or holidays. No refunds will be granted for days missed or cancelled due to vacation, illness, suspension, or inclement weather. Transportation is not provided, but may be arranged through your child's IEP. Payment may be made in weekly or monthly installments. For additional information, please contact Jennifer Tabery at 807-5402. Class Fee: \$1200  
#98213 Aug 25-Jan 4 M-F 3:00-6:00pm

#### Holiday Baking

Location: Jaycee Community Center  
Age: 12-22yrs. Join us for a Holiday Baking Class and prepare yummy treats to give your friends and family. You will also learn some basic kitchen skills. Participants should be able to function independently on a 1 staff to 4 participant ratio. For more information, please contact Jennifer Tabery at 807-5402 or via email at jennifer.tabery@ci.raleigh.nc.us. Class Fee: \$25  
#99211 Dec 4 Sa 1:00-3:00pm

#### Specialized Recreation Game Night

Location: Jaycee Community Center  
Age: 12-22yrs. Come and hang out with your friends! We will have board games, Karaoke, and video games. This is a great chance to meet new friends while having fun. Snacks and drinks will be provided, but please eat dinner before arriving. You must pre-register for this program so that we may plan for your attendance. For more information on this activity, please contact Jennifer Tabery at 807-5402. Class Fee: \$10

#99212 Sep 10 F 7:00-9:00pm  
#99214 Oct 8 F 7:00-9:00pm  
#99213 Nov 12 F 7:00-9:00pm  
#99221 Dec 10 F 7:00-9:00pm

#### Teen Recreational Bowling

Location: Non-City Owned Site  
Age: 13-16yrs. This bowling program is recreational in nature and provides a fun and exciting place for youth with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes eight

games of bowling and shoe rental. Siblings are also allowed to join this program. For more information, contact Jennifer Tabery at 807-5402. Class Fee: \$20

#### AMF Capital

#99195 Sep 25-Oct 16 Sa 10:00am-12:00pm  
#99196 Oct 23-Nov 13 Sa 10:00am-12:00pm  
#99197 Nov 20-Dec 11 Sa 10:00am-12:00pm

#### AMF South Hills

#99198 Sep 25-Oct 16 Sa 10:00am-12:00pm  
#99199 Oct 23-Nov 13 Sa 10:00am-12:00pm  
#99202 Nov 20-Dec 18 Sa 10:00am-12:00pm

## Adult

### Aerobics – Move that Body

Location: Laurel Hills Community Center  
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities or anyone needing low impact exercise. Come join your friends, get into shape or just stay in shape with aerobics. Go at your own pace, high, low or just go with the flow. There is no one-on-one assistance available for this program. Family members, friends and even workers are welcome. For more information on this program, contact Meredith at 807-5401. Class Fee: \$15  
#99260 Oct 26-Nov 16 T 6:30-7:30pm

### Art Time

Location: Jaycee Community Center  
Age: 17yrs and up. This two week class designed for adults with developmental and/or physical disabilities will delve into various craft or art projects. Materials provided. Please contact Meredith Jackson Homlotis at 807-5401 with questions. Class Fee: \$25  
**Clock Making**  
#99282 Dec 1-8 W 6:30-7:30pm

### Basic Cooking

Location: Eastgate Park  
Age: 17yrs and up. This program is designed to meet the needs of teens and adults with developmental and/or physical disabilities. This program will teach you the basics on how to plan a menu, read a recipe, measure ingredients, and prepare a basic meal. This class is designed as a beginning cooking class for those who have never taken the class before or need more work on the basics. Participants will then enjoy a social time with their classmates while eating the meal they prepared. Individuals with a one-on-one staff are welcome. For more information, contact Meredith Jackson Homlotis at 807-5401. Class Fee: \$55  
#99261 Sep 15-Oct 13 W 6:15-7:45pm

### Intermediate/Advanced Cooking Class

Location: Eastgate Park  
Age: 17yrs and up. This program is designed to meet the needs of adults and older teens with developmental and/or physical disabilities. This class is designed for those who have taken a previous cooking class and understand the basic concepts. Participants will continue to work on reading a recipe, measuring ingredients

and preparing a delicious meal. Participants will then enjoy a social time with their classmates while eating the meal they prepared. Individuals with a one-on-one staff are welcome. For more information, contact Meredith Jackson Homlotis at 807-5401. Class Fee: \$55  
#99277 Oct 20-Nov 17 W 6:15-7:45pm

### Kickball

Location: Oakwood Park  
Age: 17yrs and up. This 4 week class is designed for individuals with special needs who are interested in learning how to play kickball. Basic rules and skills will be taught. Please contact Meredith Jackson Homlotis at 807-5401 with questions. Class Fee: \$15  
#99284 Sep 2-23 Th 6:00-7:00pm

### Line Dance Your Way to Fitness

Location: Jaycee Community Center  
Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Come learn some new dance moves while you get into shape. This line dancing class will include Country as well as Hip Hop. Family members, friends and workers are welcome. Contact Meredith Jackson Homlotis at 807-5401 for more information on this program. Class Fee: \$25  
#99264 Nov 8-Dec 6 M 6:30-7:30pm

### Scrapbooking for Adults

Location: Jaycee Community Center  
Age: 17yrs and up. This 5 week program is for beginners with developmental and/or physical disabilities needing techniques in scrapbooking or for those just looking for a place to work on their scrapbook. Learn to create a photo album with your pictures of family and friends, including organizing, designing and decorating the pages of your album. Photo album, pages, pens/markers and stickers are all acid free which will protect your photos from discoloring. Already know how to scrapbook? Come and join us and work on ongoing photo album projects. For more information, contact Meredith Jackson Homlotis at 807-5401. Class Fee: \$25  
#99265 Oct 7-Nov 4 Th 6:30-7:30pm

### Share the Love

Location: Laurel Hills Community Center  
Age: 17yrs and up. This program is designed to meet the needs of individuals with developmental and/or physical disabilities. Class participants will come together to make cards for their loved ones. Special techniques and materials will be used. Materials provided. Contact Meredith Jackson Homlotis at 807-5401 with questions. Class Fee: \$5  
**Holiday Cards**

#99278 Nov 12 F 6:00-7:30pm

### SRS Bingo Night

Location: Pullen Community Center  
Age: 17yrs and up. What could be more exciting than a fun filled night of Bingo? There will be prizes and lots of time with friends. For more information contact

Meredith Jackson Homlotis at 807-5401.

Class Fee: \$5

#99266 Sep 14 T 6:00-8:00pm  
#99267 Oct 12 T 6:00-8:00pm  
#99268 Nov 9 T 6:00-8:00pm  
#99269 Dec 14 T 6:00-8:00pm

### SRS Recreational Bowling

Location: Non-City Owned Site  
Age: 17yrs and up. This bowling program is recreational in nature and provides a fun and exciting place for adults with developmental and/or physical disabilities to participate in bowling. This is not an instructional but rather a recreational class. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. For more information, contact Meredith Jackson Homlotis at 807-5401. Class Fee: \$20

#### AMF Capital

#99270 Sep 25-Oct 16 Sa 10:00am-12:00pm  
#99272 Oct 23-Nov 13 Sa 10:00am-12:00pm  
#99273 Nov 20-Dec 18 Sa 10:00am-12:00pm

#### AMF South Hills

#99275 Oct 23-Nov 13 Sa 10:00am-12:00pm  
#99274 Nov 20-Dec 18 Sa 10:00am-12:00pm  
#99271 Sep 25-Oct 16 Sa 10:00am-12:00pm

### Wildcats Club Meeting

Location: Millbrook Exchange Community Ctr  
Age: 17-27yrs. This club is for young adults with developmental and/or physical disabilities who have graduated from high school and can function independently on a 1:4 ratio (or for individuals that have one-on-one assistance). The club meets at least every other month for a variety of recreation, leisure, community and social activities that are suggested and decided on by the club members. Members will determine the activities, schedule, etc., ranging from dinner and movies to an overnight trip. The focus of the club is to assist with transition from youth activities/programs to adult activities/programs. Fee for this meeting is established to cover the cost of dinner and activities provided at the meeting, it is not a membership fee. If you are already a member you must still register to attend the meeting. For more information, contact Stephanie Stancil at 807-5400. Class Fee: \$7  
#98888 Sep 1 W 6:30-8:00pm

### Wilderness Walk

Location: Frank E. Evans Administrative Bldg.  
Age: 17yrs and up. This class designed for individuals with developmental disabilities is offered in conjunction with the Adventure Program. The class will include a nature hike around Lake Lynn and then lunch at a local restaurant. We will meet at 2401 Wade Avenue at 10:00am and return at 2:00pm. Please contact Meredith Jackson Homlotis at 807-5401 with questions. Class Fee: \$5  
#99289 Sep 18 Sa 10:00am-2:00pm

Specialized Recreation continued next page —

Specialized Recreation continued

## Family

### Buddy Soccer

Location: Laurel Hills Community Center  
Age: 4yrs and up. Buddy Soccer is for individuals with developmental and/or physical disabilities. This program is an instructional soccer program to teach introductory soccer skills. Patron will develop ball handling, dribbling, passing, and shooting skills. Teams will be formed upon completion of registration. Each practice will start with individual skills and end with team play. Siblings are also allowed to join this program. Trophies are awarded at the end of the program. ALL PARTICIPANTS MUST HAVE A PARENT/GUARDIAN OR OTHER ADULT ATTEND WITH THEM. For more information, contact Jennifer Tabery at 807-5402. Class Fee: \$25

#98180	Sep 18-Nov 13	Sa	9:00-10:30am
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### Friendly Track Out Program

Location: Millbrook Exchange Community Ctr  
Age: 6-22yrs. This program is designed to provide students with developmental disabilities a safe and appropriate Track Out Camp for WCPSS Track 4. Participants will enjoy activities such as arts and crafts, sports, games, field trips, and more. Please bring a lunch and two snacks each day. Participants must be able to work successfully on a 1 staff to 3 participant ratio. For more information, please contact Jennifer Tabery at 807-5402. YOU MUST REGISTER AT LEAST 2 WEEKS IN ADVANCE! Class Fee: \$150

#98210	Oct 4-8	M-F	8:00am-6:00pm
#98211	Oct 11-15	M-F	8:00am-6:00pm
#98212	Oct 18-22	M-F	8:00am-6:00pm

### Specialized Recreation Dances

Location: Jaycee Community Center  
Age: 14yrs and up. Join us as we dance the night away! We will have a DJ, refreshments, and lots of fun! Participants who need a 1:1 are welcome to attend, but must provide their own assistant. Parents, workers, and chaperones do not have to pay the admission fee. There is no pre-registration for this event. All participants must pay at the door. For more information, please contact Specialized Recreation Services at 831-6640. Class Fee: \$5

Oct 29	F	7:00-9:30pm
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### Stroke and Technique Class

Location: Optimist Pool  
Age: 8yrs and up. This class is designed to enhance swimmers' competitive swim strokes (freestyle, breaststroke, backstroke, and butterfly), as well as, work on starts and turns. Participant must be at least 8 years old, able to swim 2 strokes, and able to function on a 1:4 ratio. A great program for Special Olympics, Intra-city and summer league swimmers and for those interested

in joining the team! For more information, contact Stephanie Stancil at 807-5400.  
Class Fee: \$75  
#99262 Oct 18-Nov 17 M,W 6:00-7:00pm

### Swim Lessons – Convenience

Location: Frank E. Evans Administrative Bldg.  
Age: 3yrs and up. These lessons are for individuals with special needs. These 1:1 lessons can be arranged to according to your schedule. A great alternative for individuals who cannot participate in our private lesson program! The registration fee is for four 30 minute lessons, please contact our office for information about one-time lessons. For additional information, please contact Stephanie Stancil at 807-5400.  
Class Fee: \$80  
#99288 Dec 13 M 5:00-6:00pm

### Swim Lessons – Private

Age: 3yrs and up. These classes are for individuals with special needs that require individualized swim instruction and/or adaptive equipment in order to be successful. Skills are tailored and modified for each student, with the ultimate goal of progressing through American Red Cross Learn to Swim levels and smoothly transitioning into typical aquatic programming. Students will receive progress notes at the completion of each session, as well as, a recommendation regarding continued classes. When a student is demonstrating an appropriate acquisition of skills and the ability to learn in a group setting, we will recommend either a small group class or supported participation in a typical group lesson. This truly is a collaborative effort, for additional information or any questions concerning appropriate placements or adapted aquatics, please contact Stephanie Stancil at 807-5400. For all students new to this program, please enroll in private lessons for an initial assessment. Class Fee: \$80

#### Millbrook Pool

#98343	Aug 30-Sep 22	M,W	3:30-4:00pm
#98344	Aug 30-Sep 22	M,W	4:15-4:45pm
#98342	Aug 30-Sep 22	M,W	5:00-5:30pm

#### Pullen Aquatic Center

#98347	Oct 11-Nov 3	M,W	3:30-4:00pm
#98350	Oct 11-Nov 3	M,W	4:15-4:45pm
#98351	Oct 11-Nov 3	M,W	5:00-5:30pm
#98352	Nov 8-Dec 8	M,W	3:30-4:00pm
#98353	Nov 8-Dec 8	M,W	4:15-4:45pm
#98354	Nov 8-Dec 8	M,W	5:00-5:30pm

### Swim Lessons – Supported Group Adult Beginner

Location: Pullen Aquatic Center  
Age: 14yrs and up. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified WSI and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the

final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level. For additional information or any questions please contact Stephanie Stancil at 807-5400. Adult Beginner participants will learn survival skills and water safety. Class Fee: \$60

#98780	Oct 11-Nov 3	M,W	7:10-7:40pm
#98781	Nov 8-Dec 8	M,W	7:10-7:40pm

### Swim Lessons – Supported Group Level 1

Location: Pullen Aquatic Center  
Age: 6-14yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level, contact Stephanie Stancil at 807-5400 with any questions.

Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Explore floating and swimming with support

Class Fee: \$60

#98660	Oct 11-Nov 3	M,W	5:50-6:20pm
#98661	Nov 8-Dec 8	M,W	5:50-6:20pm

### Swim Lessons – Supported Group Level 2

Location: Pullen Aquatic Center  
Age: 6-14yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group

setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. For additional information or any questions, please contact Stephanie Stancil at 807-5400.

Level 2 participants learn to:

- Float, glide and swim on front and back
- Open eyes underwater

Class Fee: \$60

#98772 Oct 11-Nov 3 M,W 6:30-7:00pm

#98774 Nov 8-Dec 8 M,W 6:30-7:00pm

### Swim Lessons – Supported Group Level 3

Location: Pullen Aquatic Center

Age: 6-14yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified WSI and aided by a trained Spec.Rec. swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include:

opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level. For additional information or any questions, please contact Stephanie Stancil at 807-5400.

Level 3 participants learn to:

- Perform front and back crawl
- Dive from kneeling and standing

Class Fee: \$60

#98775 Oct 11-Nov 3 M,W 6:30-7:00pm

#98777 Nov 8-Dec 8 M,W 6:30-7:00pm

### Swim Lessons – Supported Group Level 4

Location: Pullen Aquatic Center

Age: 6-14yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified WSI and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit

from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level. For additional information or any questions please contact Stephanie Stancil at 807-5400.

Level 4 participants learn to:

- Perform a dive
- Front and Back crawl
- Breaststroke
- Butterfly
- Elementary Backstroke

Class Fee: \$60

#98778 Oct 11-Nov 3 M,W 7:10-7:40pm

#98779 Nov 8-Dec 8 M,W 7:10-7:40pm

Family Specialized Recreation continued next page —



Family Specialized Recreation continued

**Swim Lessons –  
Supported Group Preschool Level 1**

Location: Pullen Aquatic Center

Age: 3-6yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level, contact Stephanie Stancil at 807-5400 with any questions. Pre-school Level 1 students will learn to:

- open eyes underwater
- blow bubbles
- float with assistance.

Class Fee: \$60

#98650	Oct 11-Nov 3	M,W	5:10-5:40pm
#98651	Nov 8-Dec 8	M,W	5:10-5:40pm

**Swim Lessons –  
Supported Group Preschool Level 2**

Location: Pullen Aquatic Center

Age: 3-6yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level, contact Stephanie Stancil at 807-5400 with any questions. Pre-school Level 2 students will learn to: swim on front, back and side using combined arm and leg action. Class Fee: \$60

#98652	Oct 11-Nov 3	M,W	5:10-5:40pm
#98653	Nov 8-Dec 8	M,W	5:10-5:40pm

**Swim Lessons –  
Supported Group Preschool Level 3**

Location: Pullen Aquatic Center

Age: 3-6yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support.

These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level, contact Stephanie Stancil at 807-5400 with any questions. Pre-school Level 3 students will learn to: combine arm and leg actions and perform skills without assistance. Class Fee: \$60

#98654	Oct 11-Nov 3	M,W	5:50-6:20pm
#98655	Nov 8-Dec 8	M,W	5:50-6:20pm

**Teens To Adulthood**

Location: Millbrook Exchange Community Ctr

Age: All Ages. As your child with disabilities becomes a teenager and then a young adult, a new set of issues begins to emerge in every area of development and lifestyle, including social, emotional, safety issues, recreational, financial, housing, vocational and advocacy concerns. Are you ready to take the 'Next Step' with your child? Join other parents/caregivers every second Saturday of the month for morning conversations with public and private sector disability professionals and, more importantly, other people like yourself. We'll have focused conversations on topics related to transition into adulthood as, together, we take the 'Next Step' in our children's lives as they become adults with disabilities. For more info, please contact The Arc of Wake County at 832-2660 or visit the website at [www.arcwake.org/teentoadult](http://www.arcwake.org/teentoadult). Class Fee: \$0

#99410	Sep 11	Sa	9:00-10:30am
#99411	Oct 9	Sa	9:00-10:30am
#99412	Nov 13	Sa	9:00-10:30am
#99413	Dec 11	Sa	9:00-10:30am

**Therapeutic Swim N' Play**

Location: Pullen Aquatic Center

Age: 5-12yrs. This class is designed for children with AND without developmental or physical disabilities who can benefit from socialization with their peers. We will be playing fun and therapeutic games that will teach water safety and adjustment. This is a great way to have fun in the pool and make some new friends. Swimming skills are not required, however, participants must be comfortable in chest-deep water. Parents, guardians and workers are encouraged to attend and participate. The fee includes one participant and one parent/caregiver. For more information contact Stephanie Stancil at 807-5400. Class Fee: \$35

#98358	Oct 6-27	W	1:30-2:30pm
#98359	Nov 3-24	W	1:30-2:30pm
#98360	Dec 1-22	W	1:30-2:30pm

**Sports****Preschool****All Sports – Little Starters**

Age: 3-5yrs. Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on! Class Fee: \$36

**Green Road**

#99120	Nov 4-Dec 2	Th	6:00-6:45pm
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**Lake Lynn Community Center**

#99458	Nov 11-Dec 9	Th	9:30-10:15am
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**Optimist Community Center**

#100380	Sep 4-25	Sa	9:30-10:15am
#100382	Oct 1-22	F	10:30-11:15am
#100387	Nov 8-29	M	5:00-5:45pm

**All Sports –  
Soccer, T-ball and Lacrosse**

Location: Brier Creek Community Center

Age: 3-5yrs. Introducing the basic skills of loco-motor movements, soccer, t-ball, and lacrosse in a fun, social and non-competitive atmosphere. Helps develop listening skills, patience, cooperation and sportsmanship skills. Instructor: Coach Jay, Physical Education Instructor. Class Fee: \$36

#99987	Sep 9-30	Th	4:45-5:30pm
#99988	Oct 7-28	Th	4:45-5:30pm
#99989	Sep 9-30	Th	5:30-6:15pm
#99990	Oct 7-28	Th	5:30-6:15pm

**Baseball – Kinder T-Ball**

Location: Jaycee Community Center

Age: 4-6yrs. Diamond tough. Let's play ball! Come learn about batting, fielding, and base running in a non-competitive setting. Class Fee: \$30

#99806	Oct 6-27	W	11:00-11:45am
#99805	Nov 3-24	W	11:00-11:45am

**Baseball – Little Sluggers**

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball! Class Fee: \$36

**Millbrook Exchange w/ Coach K (Khadija)**

#99177	Sep 13-Oct 4	M	7:30-8:15pm
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**Lake Lynn Community Center**

#99456	Nov 11-Dec 9	Th	10:30-11:15am
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**Optimist Community Center**

#100402	Sep 2-23	Th	5:00-5:45pm
#100404	Oct 11-Nov 1	M	5:00-5:45pm
#100409	Oct 27-Nov 17	W	5:00-5:45pm

**Marsh Creek Park**

#100967	Oct 27-Nov 17	W	1:15-2:00pm
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**Baseball – Tiny T's**

Location: Marsh Creek Park

Age: 2-3yrs. A sports program to teach the basic fundamentals of t-ball for your preschooler. Terms, sportsmanship and fun are emphasized! Class Fee: \$36

#100979	Oct 27-Nov 17	W	11:45am-12:15pm
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**Basketball – Kinder Basketball**

Location: Jaycee Community Center  
 Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder basketball focuses on a variety of skills including dribbling, passing, shooting, and defense. Class Fee: \$30  
 #99818 Oct 5-26 T 11:00-11:45am  
 #99819 Nov 1-22 M 11:00-11:45am

**Basketball – Little Shooters**

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of basketball including passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's shoot some hoops! Class Fee: \$36

**Green Road Community Center**

#98891 Sep 16-Oct 7 Th 6:00-6:45pm

**Laurel Hills with Coach K**

#98892 Sep 7-28 T 4:15-5:00pm

#98893 Oct 5-26 T 4:15-5:00pm

#98894 Nov 2-23 T 4:15-5:00pm

#98895 Nov 30-Dec 21 T 4:15-5:00pm

**Millbrook Exchange with Coach K**

#98896 Sep 13-Oct 4 M 6:30-7:15pm

**Lake Lynn Community Center**

#99460 Nov 9-Dec 7 T 11:30am-12:15pm

**Optimist Community Center**

#98898 Sep 7-28 T 5:00-5:45pm

#98899 Oct 29-Nov 19 F 5:00-5:45pm

#98900 Dec 1-13 M,W 5:00-5:45pm

**Basketball – Tiny Shooters**

Location: Marsh Creek Park  
 Age: 18mos-2yrs. A sports program to teach the basic fundamentals of basketball for your preschooler. Terms, sportsmanship and fun are emphasized! Class Fee: \$36  
 #100976 Sep 1-22 W 11:45am-12:15pm

**Basketball – Two's Sport Zone**

Location: Laurel Hills Community Center  
 Age: 2yrs. This parent-tot class is a great way to play while learning about the basics of basketball on a toddler's level. Little shooters will enjoy the tiny hoop games, touch-n-go dribbling, catch, pass, and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Coach K. Class Fee: \$36

#98755 Sep 4-25 Sa 9:00-9:30am

#98756 Oct 2-23 Sa 9:00-9:30am

#98753 Oct 30-Nov 20 Sa 9:00-9:30am

#98754 Dec 11-18 Sa 9:00-9:30am

**Basketball – Lil' Dribblers**

Location: Carolina Pines Community Center  
 Age: 4-5yrs. In this beginners class students will learn the fundamental basketball skills such as dribbling, passing and shooting. This class helps build a solid foundation for those interested in signing up for the coming basketball seasons. Class Fee: \$28  
 #100355 Sep 13-Oct 4 M 6:00-6:45pm

**Beginning Sports**

Location: Barwell Road Community Center  
 Age: 4-5yrs. Participants will learn the fundamentals of a different sport each session. Participants will also enhance their gross motor and social skills while

practicing the different skills involved in the sport. The program will also focus on good sportsmanship. Instructor is Calvin Mitchell. Class Fee: \$30

**Kickball**

#99697 Sep 2-23 Th 6:00-6:45pm

**Soccer**

#99698 Oct 28-Nov 18 Th 6:00-6:45pm

**Cheerleading – Little Pom Poms**

Location: Optimist Community Center

Age: 3-5yrs. A sports program to introduce the basic fundamentals of cheerleading for your preschooler. Terms, routines and fun are emphasized! Class Fee: \$36

#100899 Sep 7-28 T 6:15-7:00pm

#100900 Oct 5-26 T 6:15-7:00pm

#100901 Nov 2-23 T 6:15-7:00pm

#100902 Nov 30-Dec 21 T 6:15-7:00pm

**Daddy and Me Sports Zone**

Location: Laurel Hills Community Center

Age: 3-5yrs. Dads, it's your morning to shine! You and your little one will grow closer as you both make new friends, have fun, and play group games that will improve hand-eye coordination, muscular skills and balance. Instructor: Coach K. Class Fee: \$40  
 #98785 Sep 4-25 Sa 11:15am-12:00pm

**Fitness – Speed, Power, and Quickness!**

Location: Ralph Campbell Community Center  
 Age: 3-6yrs. Speed, Power, and Quickness participants will learn proper techniques to help improve their overall athletic ability and have a blast doing it. These sessions are a great way to get ready for the up coming sports seasons. Class Fee: \$20

#99870 Sep 4-25 Sa 12:45-1:45pm

#99875 Oct 2-23 Sa 12:45-1:45pm

#99878 Nov 6-27 Sa 12:45-1:45pm

#99891 Dec 4-18 Sa 12:45-1:45pm

**Football – Little Tacklers**

Location: Millbrook Exchange Community Ctr  
 Age: 3-5yrs. Hut one, hut two.....hike! This class is an introduction in skills development that teaches the basics of football including passing, kicking, punting, catching and running. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Touchdown! Class Fee: \$36

**Millbrook Exchange w/ Coach K (Khadija)**

#99182 Sep 3-24 F 5:15-6:00pm

**Optimist Community Center**

#100888 Sep 4-25 Sa 10:30-11:15am

#100891 Oct 5-26 T 5:00-5:45pm

**Golf – Kinder Golf I**

Location: Jaycee Community Center

Age: 4-6yrs. Kinder Golf I is an introduction to golf. The basics of swing, putting, and grip will be discussed and tried in a hands on format. Class Fee: \$30  
 #100127 Oct 5-26 T 10:00-10:45am

**Golf – Little Putters**

Location: Optimist Community Center

Age: 3-5yrs. A sports program to teach the basic fundamentals of golf for your preschooler. Terms, sportsmanship and fun

are emphasized! Class Fee: \$36

#100892 Sep 4-25 Sa 11:30am-12:15pm

#100893 Sep 29-Oct 20 W 5:00-5:45pm

#100894 Nov 9-23 T 5:00-5:45pm

**Hockey – Kinder Indoor Hockey**

Location: Jaycee Community Center

Age: 4-6yrs. Give indoor hockey a try! Bring your tennis shoes and be ready for some fun. We'll work on the fundamentals as we introduce you to this exciting, fast paced game. Class Fee: \$30

#100130 Nov 3-24 W 10:00-10:45am

#100131 Dec 1-22 W 10:00-10:45am

**Hockey – Little Goalies**

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of hockey including passing, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Class Fee: \$36

**Lake Lynn Community Center**

#99477 Nov 9-Dec 7 T 10:30-11:15am

**Optimist Community Center**

#100870 Sep 3-24 F 5:00-5:45pm

#100871 Dec 1-22 W 5:00-5:45pm

**Kinder Sport**

Location: Jaycee Community Center

Age: 4-6yrs. Release some energy. Designed to develop skills, fundamentals and confidence, Kinder Sport is taught in a non-competitive atmosphere. A variety of sports are taught depending on the weather and class skill level including kickball, t-ball, football, basketball, soccer, or hockey. Class Fee: \$30  
 #100220 Oct 7-28 Th 3:00-3:45pm

**Lacrosse – Tiny Stix**

Age: 4-5yrs. An introductory sports class that focuses on the fundamental skills of lacrosse. Participants will be introduced to lacrosse skills such as catching, feeding, passing, scooping, and shooting in a safe, non-competitive environment. Class Fee: \$36

**Lake Lynn Community Center**

#99472 Nov 9-Dec 7 T 9:30-10:15am

**Optimist Community Center**

#100884 Sep 13-Oct 4 M 5:00-5:45pm

#100885 Oct 28-Nov 18 Th 5:00-5:45pm

**Little Lions Soccer**

Location: Lions Park Community Center

Age: 3-5yrs. GOAL! Children will learn the basic fundamentals of soccer, build social skills and have fun. Class Fee: \$15  
 #99553 Sep 8-29 W 6:30-7:15pm

**Soccer – Kinder Soccer**

Location: Jaycee Community Center

Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Soccer focuses on skills such as dribbling, passing, kicking, and ball control. Class Fee: \$30

#100234 Oct 1-22 F 3:00-3:45pm

#100235 Oct 29-Nov 19 F 3:00-3:45pm

Preschool Sports continued next page —

Preschool Sports continued

### Soccer – Little Kickers

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL! Class Fee: \$36

#### Laurel Hills with Coach K

#98872	Sep 1-22	W	4:15-5:00pm
#98873	Sep 29-Oct 20	W	4:15-5:00pm
#98874	Oct 27-Nov 17	W	4:15-5:00pm
#98878	Dec 1-22	W	4:15-5:00pm
#98877	Sep 4-25	Sa	12:45-1:30pm
#98876	Oct 2-23	Sa	12:45-1:30pm
#98875	Dec 11-18	Sa	11:15am-12:00pm

#### Millbrook Exchange w/ Coach K (Khadija)

#99178	Sep 14-Oct 5	T	6:30-7:15pm
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#### Lake Lynn Community Center

#99459	Nov 11-Dec 9	Th	11:30am-12:15pm
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#### Brier Creek with Coach J

#100011	Sep 7-28	T	4:45-5:30pm
#100012	Oct 5-26	T	4:45-5:30pm
#100013	Sep 7-28	T	5:45-6:30pm
#100014	Oct 5-26	T	5:45-6:30pm

#### Optimist Community Center

#100879	Sep 1-22	W	5:00-5:45pm
#100882	Nov 30-Dec 21	T	5:00-5:45pm
#100883	Oct 29-Nov 19	F	10:30-11:15am

#### Marsh Creek Park

#100970	Oct 5-26	T	6:45-7:30pm
#100971	Nov 2-23	T	6:45-7:30pm
#100972	Sep 29-Oct 20	W	1:15-2:00pm

### Soccer – Tiny Kickers

Location: Marsh Creek Park

Age: 18mos-2yrs. A sports program to teach the basic fundamentals of soccer for your preschooler. Terms, sportsmanship and fun are emphasized! Class Fee: \$36

#100974	Sep 29-Oct 20	W	11:45am-12:15pm
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### Soccer – Two's Sport Zone

Location: Laurel Hills Community Center

Age: 2yrs. Parent and child come off the sidelines and get into the game as you learn about soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization. Instructor: Coach K. Class Fee: \$36

#98764	Sep 4-25	Sa	9:45-10:15am
#98766	Oct 2-23	Sa	9:45-10:15am
#98765	Oct 30-Nov 20	Sa	9:45-10:15am
#98767	Dec 11-18	Sa	9:45-10:15am

### Sport Tots

Location: Chavis Community Center

Age: 3-5yrs. Looking to train the next great tot? Does your child have untapped skills? if so, join us for sport tots on Saturday mornings. We will rotate sports each month. Class Fee: \$15

#### Tennis Tots

#100214	Sep 4-25	Sa	10:30-11:30am
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#### Golf

#100216	Oct 2-23	Sa	10:30-11:30am
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#### Basketball

#100215	Nov 6-27	Sa	10:30-11:30am
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#### Soccer Tots

#100217	Dec 18-Jan 1	Sa	10:30-11:30am
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### Sporty Sprouts

Location: Tarboro Road Community Center

Age: 4-5yrs. Learn the basic skills of soccer, basketball, hockey and whiffle ball. This is a class that builds sportsmanship and leadership at an early age. Class Fee: \$15

#### Soccer

#99649	Sep 8-29	W	10:30-11:15am
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#### Basketball

#99650	Oct 6-27	W	10:30-11:15am
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#### Hockey

#99651	Nov 3-24	W	10:30-11:15am
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#### Whiffle ball

#99652	Dec 1-22	W	10:30-11:15am
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### Sprout Sports

Location: Laurel Hills Community Center

Age: 3-5yrs. A skills development program for preschoolers that teaches a different sport each week. Some of these sports may include basketball, soccer, t-ball and hockey. The class is taught in a fun, non-competitive atmosphere. Instructor: Coach K. Class Fee: \$36

#98890	Nov 8-Dec 6	M	1:30-2:15pm
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### T-Ball – Little Sluggers

Location: Laurel Hills Community Center

Age: 3-5yrs. Introduction to T-ball skills using activities that teach fielding, hitting, throwing, and catching. This basic sports program will also help build your child's coordination and confidence in a fun, non-competitive atmosphere. Instructor: Coach K. Class Fee: \$36

#98920	Sep 29-Oct 20	W	7:00-7:45pm
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#98921	Oct 27-Nov 17	W	7:00-7:45pm
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#98922	Dec 1-22	W	7:00-7:45pm
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### T-Ball – Two's Sport Zone

Location: Laurel Hills Community Center

Age: 2yrs. Parent and child come off the sidelines and get into the game as you learn about t-ball skills by participating in mini drills and fun games. Explore basic fundamentals of throwing, catching, hitting and fielding and more. Benefits include hand-eye coordination, body awareness and socialization. Instructor: Coach K. Class Fee: \$36

#98782	Oct 2-23	Sa	10:30-11:00am
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#98783	Oct 30-Nov 20	Sa	10:30-11:00am
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#98784	Dec 11-18	Sa	10:30-11:00am
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### Terrific Threes

Location: Jaycee Community Center

Age: Up to 3yrs. Terrific Threes is a special class strictly for three year olds. The class is designed to enhance hand-eye coordination and confidence through sports such as soccer, basketball, t-ball, and other activities. This class is taught in a noncompetitive format. Class Fee: \$30

#100236	Oct 7-28	Th	11:00-11:30am
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#100237	Dec 2-23	Th	11:00-11:30am
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### Touch Football – Two's Sport Zone

Location: Laurel Hills Community Center

Age: 2yrs. Safe and fun lead up skill play for your future 'All American Athletes'. Some skills include kicking, passing, touchdown runs and simple positions appropriate for this age. Parent participation required.

Instructor: Coach K. Class Fee: \$36

#98884	Sep 4-25	Sa	10:30-11:00am
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### Wee Sports

Location: Barwell Road Community Center

Age: 30-4mos. This non-competitive, group class will allow your child to enjoy a variety of sport activities in a fun environment.

Participants will also enhance motor and social skills while they run, jump, catch and kick. Parent participation may be required.

Instructor is Calvin Mitchell. Class Fee: \$20

#### Baseball

#99695	Oct 7-21	Th	6:00-6:30pm
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#### Soccer

#99696	Dec 2-16	Th	6:00-6:30pm
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### Youth

### Ballin Basics 101

Location: Worthdale Community Center

Age: 6-16yrs. Come out Saturday mornings and learn the fundamentals of the game of basketball. Each Saturday we will learn basic skills which involve dribbling, passing, defense and shooting. Even if you've played ball before you can still learn some new skills to get better. Class Fee: \$5

#100001	Oct 2	Sa	10:00-11:30am
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#100002	Oct 9	Sa	10:00-11:30am
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#100003	Oct 16	Sa	10:00-11:30am
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#100004	Oct 23	Sa	10:00-11:30am
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#100005	Oct 30	Sa	10:00-11:30am
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#100006	Nov 6	Sa	10:00-11:30am
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#100007	Nov 13	Sa	10:00-11:30am
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#100009	Dec 4	Sa	10:00-11:30am
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#100010	Dec 11	Sa	10:00-11:30am
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#100008	Nov 20	Sa	10:00-11:30am
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### Baseball – Sluggers

Age: 6-9yrs. Crack! It's going, going...

gone! This class helps develop the skills of baseball including running, hitting, throwing, pitching and fielding. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Class Fee: \$40

#### Millbrook Exchange w/ Coach K (Khadija)

#99181	Sep 2-23	Th	7:30-8:15pm
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#### Marsh Creek w/ Coach K (Khadija)

#100969	Sep 30-Oct 21	Th	7:30-8:15pm
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### Basketball – Hoops

Location: Laurel Hills Community Center

Age: 4-7yrs. Come out and improve your basketball skills before the season gets started! We'll work on shooting, defense and overall understanding of the game while having fun! Be sure to wear comfortable clothes and sneakers. Instructor: Coach K. Class Fee: \$40

#98861	Oct 2-23	Sa	11:15am-12:00pm
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**Basketball – Just for Shooters**

Location: Method Road Community Center  
 Age: 9-12yrs. This course is for shooting skills only. Emphasis will be on fundamentals such as hand positioning, squaring up, target, follow through, finishing, and finding your comfortable range. Class Fee: \$40  
 #100473 Sep 7-30 T,Th 6:30-7:30pm  
 #100479 Sep 7-30 T,Th 7:30-8:30pm

**Basketball – Just For Shooters Advanced**

Location: Method Road Community Center  
 Age: 10-12yrs. Become a better, more accurate and consistent shooter. Emphasis on fundamentals, spot shooting, shooting off the dribble and the pick, getting your shot off in front of the defender, moving without the ball, short, mid, and long range shooting. Class Fee: \$45  
 #100484 Oct 5-28 T,Th 6:30-7:30pm  
 #100513 Oct 5-28 T,Th 7:30-8:30pm

**Basketball – Shooters**

Location: Laurel Hills Community Center  
 Age: 6-9yrs. A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. Class Fee: \$40  
**Laurel Hills w/ Coach K (Ages 6-9)**  
 #98902 Sep 3-24 F 6:30-7:15pm  
**Laurel Hills w/ Coach K (Ages 10-12)**  
 #98903 Sep 3-24 F 7:30-8:15pm  
**Millbrook Exchange (6-9) w/ Coach K (Khadija)**  
 #99180 Sep 2-23 Th 6:30-7:15pm

**Basketball Skillz**

Location: Barwell Road Community Center  
 Age: 5-8yrs. Build your basketball skills in this interactive and highly skilled class taught by Coach Viola. Learn the fundamentals of basketball which includes shooting, passing, defense, offense and dribbling. Each week a new skill set will be taught and the old skills will be reinforced through play and interactive coaching. The last class will consist of a scrimmage game where skills from the previous classes will be practiced in a real game situation. Don't miss this fun and exciting program! Class Fee: \$36

**Ages 5-7**

#100558 Sep 7-28 T 6:00-7:00pm

**Ages 8-11**

#100559 Sep 9-30 Th 6:00-7:00pm

**Ages 5-7**

#100562 Oct 5-26 T 6:00-7:00pm

**Ages 8-11**

#100563 Oct 7-28 Th 6:00-7:00pm

**Baton Twirling Mania**

Location: Optimist Community Center  
 Age: 4-7yrs. Baton twirling is an art and sport which is fun, exciting and easy to learn. It is also a unique sport that improves coordination, self confidence and a healthy competitive spirit. Participants will learn basic twirls, dance twirl movements and

routines. So if you think this is something your child would enjoy, come join us. Participants must bring a baton to class. Class Fee: \$40

**Ages 4-7**

#100946 Sep 2-23 Th 6:15-7:00pm  
 #100951 Oct 7-28 Th 6:15-7:00pm  
 #100952 Nov 4-25 Th 6:15-7:00pm  
 #100953 Dec 2-23 Th 6:15-7:00pm

**Ages 8 and older**

#100947 Sep 2-23 Th 7:00-7:45pm  
 #100948 Oct 7-28 Th 7:00-7:45pm  
 #100949 Nov 4-25 Th 7:00-7:45pm  
 #100950 Dec 2-23 Th 7:00-7:45pm

**Cheerleading**

Location: Optimist Community Center  
 Age: 6-9yrs. Hip! Hip! Hurray! Go, Team, Go! Now this is something to cheer about! Has your child wished they were a cheerleader? Their dreams can now be a reality! Come and learn the latest moves, routines and cheers. This class is designed to help build self-esteem, physical strength, endurance and coordination. Com join this fun class and learn some really cool cheers! Class Fee: \$40

**Ages 6-9**

#100903 Sep 7-28 T 7:15-8:00pm  
 #100904 Oct 5-26 T 7:15-8:00pm  
 #100905 Nov 2-23 T 7:15-8:00pm  
 #100906 Nov 30-Dec 21 T 7:15-8:00pm

**Cheerleading – CheerAmerica**

Location: Millbrook Exchange Community Ctr  
 Age: 4-6yrs. Young Champions of America offers this fun and exciting cheerleading program for beginners, intermediate and advanced level students. Along with providing lots of fun, this program promotes coordination, confidence, poise, physical fitness, artistic expression, teamwork and competitive spirit. Our students learn fundamentals of dance and cheer, dance routines, parade routines, cheers, chants, jumps, and how to perform in front of an audience. Uniforms and pompoms may be purchased separately. They will be required for any parades, performances or competitions. ALL classes are competition teams. Students will participate in parades, performances and competitions. Class Fee: \$112

**Millbrook Exchange (ages 4-6)**

#99591 Sep 14-Dec 28 T 6:15-7:00pm

**Millbrook Exchange (ages 7-15)**

#99590 Sep 14-Dec 28 T 7:00-7:45pm

**Millbrook Exchange (ages 7-15)**

#99592 Sep 14-Dec 28 T 7:45-8:30pm

**Dist D Cheer**

Location: Carolina Pines Community Center  
 Age: 5-12yrs. Come show off your new skills! A cheerleading class that will help develop stronger self esteem, coordination and flexibility. Then show off your skills every Saturday morning during basketball season. Class Fee: \$27  
 #100368 Sep 27-Jan 10 M 6:30-8:00pm

**Fall Baskets**

Location: Roberts Park Community Center  
 Age: 13-14yrs. A fun and competitive league for boys. An excellent opportunity to improve fitness, improve basketball skills, learn new skills and develop sportsmanship. In case you have forgotten, there is not an 'I' in team. Learn how to work as a team member. That is a skill you can use forever. Class Fee: \$25  
 #99820 Sep 11-Nov 6 Sa 10:00am-2:00pm

**Field Hockey Academy**

Location: Brier Creek Community Center  
 Age: 6-12yrs. Teaching the fundamental skills for field hockey and games rules. Includes conditioning exercises, scrimmaging and skill development drills. Required supplies to bring: shin guards and mouth piece. All other equipment provided. Please meet coach in gym right after school. Instructor: Andrea Attenkirch. Class Fee: \$10  
 #100091 Oct 6 W 3:45-5:30pm  
 #100088 Oct 13 W 3:45-4:30pm  
 #100089 Oct 20 W 3:45-4:30pm  
 #100090 Oct 27-Nov 17 W 3:45-4:30pm  
 #100117 Nov 3-24 W 3:45-4:30pm

**Football – Tacklers**

Age: 4-7yrs. Your tough tackler will be introduced to the basics of football fun, including safety, kicking, passing and positions. Helps develop listening skills, hand-eye coordination as well as good sportsmanship. Instructor: Coach K. Class Fee: \$40

**Laurel Hills Community Center**

#98862 Oct 30-Nov 20 Sa 11:15am-12:00pm  
**Marsh Creek Park**  
 #100965 Oct 1-22 F 5:30-6:15pm

**Girl Sports**

Location: Biltmore Hills Community Center  
 Age: 8-13yrs. This class introduces young girls to sports! Helps them get familiar with a sport they may want to pursue. Each week there will be a different focus. Class Fee: \$20  
**All Sessions**  
 #100398 Sep 18-Oct 9 Sa 11:00am-12:00pm

**Scooter Soccer**

Location: Laurel Hills Community Center  
 Age: 4-7yrs. Soccer skills and drills with scooter fun. Little athletes will practice dribbling, kicking, passing and ball maneuvers. Benefits include great sportsmanship, fitness, motivational enhancement and coordination. Instructor: Coach K. Class Fee: \$36

**Ages 4-7**

#98907 Sep 1-22 W 5:15-5:45pm

**Ages 4-7**

#98908 Sep 29-Oct 20 W 5:15-5:45pm

**Ages 7-10**

#98909 Sep 1-22 W 7:00-7:45pm

Youth Sports continued next page —

## Youth Sports continued

**Soccer – Kickers**

Location: Millbrook Exchange Community Ctr  
 Age: 6-9yrs. G-O-O-O-A-L! This class will help develop the basic fundamentals of soccer including passing, dribbling, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Instructor: Coach K (Khadija). Class Fee: \$40  
 #99179 Sep 14-Oct 5 T 7:30-8:15pm  
 #100975 Oct 12-Nov 2 T 7:30-8:15pm

**Soccer Academy**

Location: Brier Creek Community Center  
 Age: 5-12yrs. Basic soccer skills emphasized while incorporating fun and fitness through drills, games and activities. Instructor: Alan Cohan. Please check in the spring for course dates. Class Fee: \$60  
 #100257 Sep 7-30 T,Th 5:30-7:00pm  
 #100256 Oct 5-28 T,Th 5:30-7:00pm

**Speed, Power and Quickness! Youth**

Location: Carolina Pines Community Center  
 Age: 7-12yrs. Speed, Power, and Quickness participants will learn proper techniques to help improve their overall athletic ability and have a blast doing it. These sessions are a great way to get ready for the up coming sports seasons. Class Fee: \$35  
 #99927 Sep 3-24 F 6:30-7:30pm  
 #99928 Oct 1-22 F 6:30-7:30pm  
 #99929 Nov 5-26 F 6:30-7:30pm  
 #99930 Dec 3-31 F 6:30-7:30pm

**T-Ball – Sluggers**

Location: Laurel Hills Community Center  
 Age: 4-7yrs. Introduction to T-ball skills using activities that teach fielding, hitting, throwing, and catching. This basic sports program will also help build your child's coordination and confidence in a fun, non-competitive atmosphere. Instructor: Coach K. Class Fee: \$40  
 #98919 Sep 1-22 W 6:00-6:45pm  
 #98885 Sep 4-25 Sa 1:45-2:30pm

**Tennis Jr Level 1**

Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$88, \$48 Saturdays

**Millbrook Tennis Center**

#100656	Aug 30-Oct 6	M,W	4:00-5:00pm
#100657	Aug 30-Oct 6	M,W	5:00-6:00pm
#100669	Aug 30-Oct 6	M,W	6:00-7:00pm
#100658	Aug 31-Oct 7	T,Th	4:00-5:00pm
#100659	Aug 31-Oct 7	T,Th	5:00-6:00pm
#100660	Aug 31-Oct 7	T,Th	6:00-7:00pm
#100661	Sep 4-Oct 9	Sa	9:00-10:00am
#100662	Sep 4-Oct 9	Sa	10:00-11:00am
#100663	Sep 4-Oct 9	Sa	11:00am-12:00pm
#100635	Oct 25-Dec 1	M,W	4:00-5:00pm
#100636	Oct 25-Dec 1	M,W	5:00-6:00pm
#100637	Oct 25-Dec 1	M,W	6:00-7:00pm
#100638	Oct 26-Dec 2	T,Th	4:00-5:00pm
#100639	Oct 26-Dec 2	T,Th	5:00-6:00pm
#100640	Oct 26-Dec 2	T,Th	6:00-7:00pm

#100641	Oct 30-Dec 4	Sa	9:00-10:00am
#100642	Oct 30-Dec 4	Sa	10:00-11:00am
#100643	Oct 30-Dec 4	Sa	11:00am-12:00pm

**Lake Lynn Community Center**

#100664	Aug 30-Oct 6	M,W	4:30-5:30pm
#100665	Aug 31-Oct 7	T,Th	5:00-6:00pm
#100666	Sep 4-Oct 9	Sa	10:00-11:00am
#100667	Sep 4-Oct 9	Sa	11:00am-12:00pm
#100644	Oct 25-Dec 1	M,W	4:30-5:30pm
#100645	Oct 26-Dec 2	T,Th	5:00-6:00pm
#100646	Oct 30-Dec 4	Sa	10:00-11:00am
#100647	Oct 30-Dec 4	Sa	11:00am-12:00pm

**Kentwood Park**

#100668	Aug 30-Oct 6	M,W	5:00-6:00pm
#100670	Sep 4-Oct 9	Sa	9:00-10:00am
#100648	Oct 25-Dec 1	M,W	5:00-6:00pm
#100649	Oct 30-Dec 4	Sa	9:00-10:00am

**Lions Park**

#100650	Aug 31-Oct 7	T,Th	5:00-6:00pm
#100651	Sep 4-Oct 9	Sa	9:00-10:00am
#100652	Oct 26-Dec 2	T,Th	5:00-6:00pm
#100653	Oct 30-Dec 4	Sa	9:00-10:00am

**Biltmore Hills Community Center**

#100654	Aug 31-Oct 7	T,Th	4:30-5:30pm
#100655	Oct 26-Dec 2	T,Th	4:30-5:30pm

**Tennis Jr Level 2**

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$88

**Millbrook Tennis Center**

#100741	Aug 30-Oct 6	M,W	4:00-5:00pm
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**Kentwood Park**

#100742	Aug 30-Oct 6	M,W	5:00-6:00pm
#100743	Aug 31-Oct 7	T,Th	4:00-5:00pm
#100744	Aug 31-Oct 7	T,Th	5:00-6:00pm
#100745	Sep 4-Oct 9	Sa	9:00-10:00am
#100746	Sep 4-Oct 9	Sa	10:00-11:00am
#100733	Oct 25-Dec 1	M,W	4:00-5:00pm
#100734	Oct 25-Dec 1	M,W	5:00-6:00pm
#100735	Oct 26-Dec 2	T,Th	4:00-5:00pm
#100736	Oct 26-Dec 2	T,Th	5:00-6:00pm
#100737	Oct 30-Dec 4	Sa	9:00-10:00am
#100738	Oct 30-Dec 4	Sa	10:00-11:00am

**Lake Lynn**

#100739	Aug 31-Oct 7	T,Th	4:00-5:00pm
#100740	Oct 26-Dec 2	T,Th	4:00-5:00pm

**Tennis Jr Level 3**

Location: Millbrook Tennis Center

Age: 10-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$88, \$48 Saturdays

**Kentwood Park**

#100754	Aug 30-Oct 6	M,W	5:00-6:00pm
#100755	Aug 31-Oct 7	T,Th	4:00-5:00pm
#100756	Sep 4-Oct 9	Sa	11:00am-12:00pm
#100751	Oct 25-Dec 1	M,W	5:00-6:00pm
#100752	Oct 26-Dec 2	T,Th	4:00-5:00pm
#100753	Oct 30-Dec 4	Sa	11:00am-12:00pm

**Tennis Jr Level 4**

Location: Millbrook Tennis Center

Age: 12-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots. Class Fee:

\$88, \$48 Saturdays

#100763	Aug 31-Oct 7	T,Th	5:00-6:00pm
#100764	Sep 4-Oct 9	Sa	12:00-1:00pm
#100761	Oct 26-Dec 2	T,Th	5:00-6:00pm
#100762	Oct 30-Dec 4	Sa	12:00-1:00pm

**Tennis Jr Match Play**

Location: Millbrook Tennis Center

Age: 8-18yrs. This is match play. Players will be grouped for singles and/or doubles play during this 2-hour session. Must be able to play full court tennis to sign up for this class. Instruction will be minimal. Matches will be monitored by an on court coach. Class Fee: \$40

#100798	Sep 3-Oct 8	F	4:00-6:00pm
#100797	Oct 29-Dec 3	F	4:00-6:00pm

**Tennis Jr Singles Ladder**

Location: Millbrook Tennis Center

Age: 8-18yrs. Competitive singles ladder play for boys and girls at the Bronze and Silver levels. There is a list of the other participants and the ladder rules online. Then, you can start arranging matches with the other players where you will accumulate points for playing matches. Players may join the ladder anytime. Ladder update every Monday.

**Bronze**

#99619	Aug 23-Nov 1
#99621	Nov 22-Feb 7
#99620	Aug 23-Nov 1
#99622	Nov 22-Feb 7

**Tennis Jr Tiny Tots**

Age: 4-6yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Class Fee: \$44

**Millbrook Tennis Center**

#100809	Aug 30-Oct 6	M,W	4:00-4:30pm
#100810	Aug 30-Oct 6	M,W	4:30-5:00pm
#100811	Aug 31-Oct 7	T,Th	5:00-5:30pm
#100812	Sep 4-Oct 9	Sa	11:00-11:30am
#100813	Sep 4-Oct 9	Sa	11:30am-12:00pm
#100802	Oct 25-Dec 1	M,W	4:00-4:30pm
#100803	Oct 25-Dec 1	M,W	4:30-5:00pm
#100804	Oct 26-Dec 2	T,Th	5:00-5:30pm
#100805	Oct 30-Dec 4	Sa	11:00-11:30am
#100806	Oct 30-Dec 4	Sa	11:30am-12:00pm

**Lake Lynn**

#100814	Aug 30-Oct 6	M,W	5:30-6:00pm
#100815	Aug 31-Oct 7	T,Th	4:30-5:00pm
#100807	Oct 25-Dec 1	M,W	5:30-6:00pm
#100808	Oct 26-Dec 2	T,Th	4:30-5:00pm

**Tennis Jr Tournament Team w/Kabiru**

Location: Millbrook Tennis Center

Age: 8-30yrs. Point play is the focus of this group designed for junior tennis players who have learned all shots and are working on improving their state or sectional ranking. There is very limited instruction. Players will be encouraged to attend tournaments. Contact Kabiru Ibrahim for more information 395-8051. Class Fee: \$96/\$128/\$256

**September Session**

#100769 Sep 1-30 M-Th 4:00-6:00pm

**October Session**

#100770 Oct 4-28 M-Th 4:00-6:00pm

**November Session**

#100771 Nov 1-30 M-Th 4:00-6:00pm

**December Session**

#100772 Dec 1-30 M-Th 4:00-6:00pm

**Tennis USTA Jr. Team Tennis**

Age: 6-8yrs. USTA membership (\$19) and a local league fee (\$20) are required to participate. Come to orientation day Saturday, August 28 9am at Sanderson High School tennis courts (Optimist Park) if you need a team to join. Class Fee: \$45

**USTA QuickStart 8U Beginner**

#100787 Aug 30-Nov 15

#100789 Aug 30-Nov 15 **14Ub**#100790 Aug 30-Nov 15 **14Us**#100791 Aug 30-Nov 15 **18Us**#100792 Aug 30-Nov 15 **14Ug****USTA QuickStart 10U Beginner**

#100786 Aug 30-Nov 15

#100794 Aug 30-Nov 15 **10Ui**#100788 Aug 30-Nov 15 **12U**#100793 Aug 30-Nov 15 **18 Top****Wrestling – Real Wrestlers**

Location: Ralph Campbell Community Center  
Age: 6-12yrs. Your Child will learn the importance of hard work and discipline while having fun and striving to be winners in every aspects of their life. Teaching youth to wrestle through instruction, repetition and competition in order to develop core techniques that will enhance hand and eye coordination, develop balance and footwork and improve over all athletic ability. Class Fee: \$15

#99771 Sep 1-22 W 6:30-7:45pm

#99773 Oct 6-27 W 6:30-7:45pm

#99775 Nov 3-24 W 6:30-7:45pm

#99777 Dec 1-29 W 6:30-7:45pm

**Teen****Basketball Academy**

Location: Brier Creek Community Center

Age: 13-17yrs. Individual and/or small group instruction for young people who want to improve their basketball skills. Instructor: Coach Denny Kuiper, Consultant with Division I Basketball. Class Fee: \$120  
#100043 Sep 2-23 Th 2:00-4:00am

**Build Your Skills Basketball Clinic**

Location: Biltmore Hills Community Center

Age: 11-18yrs. This Saturday basketball clinic will get 11-18 year olds geared up and ready for the upcoming basketball season. Class Fee: \$20

#100529 Sep 4-25 Sa 10:00-11:00am

**Speed, Power, and Quickness! Teen**

Location: Carolina Pines Community Center

Age: 13-17yrs. Speed, Power, and Quickness participants will learn proper techniques to help improve their overall athletic ability and have a blast doing it. These sessions are a great way to get ready for the up coming sports seasons. Class Fee: \$35

#99935 Sep 3-24 F 7:45-8:45pm

#99936 Oct 1-22 F 7:45-8:45pm

#99938 Nov 5-26 F 7:45-8:45pm

#99939 Dec 3-31 F 7:45-8:45pm

**Adult****Badminton Open Play**

Location: Optimist Community Center

Age: 16yrs and up. Learn to play and practice badminton. All ability levels welcome. Equipment is provided. Class Fee: \$0  
#100925 Sep 2-Dec 30 Th 10:15am-12:30pm

**Basketball – Adult Open-Play**

Location: Halifax Community Center

Age: All Ages. Adult basketball players can come out and participate in a few friendly pick-up games of basketball. Class Fee: \$0  
#99567 Sep 8-Nov 14 W,Sa-Su 7:00-9:00pm

**Table Tennis Brier Creek**

Location: Brier Creek Community Center

Age: 18yrs and up. Come and join Friday evenings of fun and competition playing table tennis. All levels and ages welcome and encouraged to play. USATT affiliated tournaments held through out the year.

Daily visit cost \$4. Multi day passes sold.

Instructor: Jim McQueen. Class Fee: \$4

#99946 Sep 3 F 6:30-9:45pm

#99948 Sep 17 F 6:30-9:45pm

#99950 Sep 24 F 6:30-9:45pm

#99952 Oct 1 F 6:30-9:45pm

#99953 Oct 1 F 6:30-9:45pm

#99955 Oct 8 F 6:30-9:45pm

#99956 Oct 15 F 6:30-9:45pm

#99957 Oct 29 F 6:30-9:45pm

#99958 Nov 5 F 6:30-9:45pm

#99959 Nov 12 F 6:30-9:45pm

#99960 Nov 19 F 6:30-9:45pm

#99962 Dec 3 F 6:30-9:45pm

#99963 Dec 10 F 6:30-9:45pm

#99972 Dec 18 Sa 6:30-9:45pm

#99965 Sep 3-Oct 1 F 6:30-9:45pm

#99966 Oct 1-29 F 6:30-9:45pm

#99967 Nov 5-Feb 11 F 6:30-9:45pm

#99968 Dec 3-Mar 11 F 6:30-9:45pm

#99970 Sep 3-Mar 25 F 6:30-9:45pm

**Teen 4-on-4 Basketball**

Location: Roberts Park Community Center

Age: 14-16yrs. It's not traditional but it as much fun. If you don't have a problem playing the game minus one player, this may add a little competition to your life. The game is played the same as traditional basketball. The court is smaller. The game is the same. Games are played full court and officiated by two officials. Teams may have no less than 6 players and no more than 9.

Only 6 teams accepted. Class Fee: \$20

#99311 Sep 23-Nov 11 Th 6:30-9:00pm

**Tennis – Free Play For Adults**

Location: Biltmore Hills Tennis Courts

Age: 18yrs and up. Free play for adults are held at Biltmore Hills Tennis Courts on Tuesday and Thursday evenings throughout the year at 6:30pm. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play. Class Fee: \$0  
#100824 Sep 2-Dec 30 T,Th 6:30-9:00pm

**Tennis Adult Cardio – All Levels**

Location: Millbrook Tennis Center

Age: 18yrs and up. Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Class Fee: \$48  
#100619 Aug 31-Oct 5 T 9:00-10:00am  
#100624 Sep 2-Oct 7 Th 9:00-10:00am  
#100620 Sep 3-Oct 8 F 9:00-10:00am  
#100621 Oct 26-Nov 30 T 9:00-10:00am  
#100622 Oct 28-Dec 2 Th 9:00-10:00am  
#100623 Oct 29-Dec 3 F 9:00-10:00am

**Tennis Adult Doubles Ladder**

Location: Millbrook Tennis Center

Age: 18yrs and up. Recreational Doubles ladder play for all adult levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament for the top 16 players. Class Fee: \$24

**Women's 3.5 Doubles**

#99623 Nov 22-Feb 14

**Women's 4.0 Doubles**

#99624 Nov 22-Feb 14

**Tennis Adult Level 1**

Age: 18yrs and up. No experience needed for this class. You will work on full swing forehand and backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$88, \$48 Saturdays

**Millbrook Tennis Center**

#100505 Aug 30-Oct 6 M,W 10:00-11:00am

#100506 Aug 30-Oct 6 M,W 6:00-7:00pm

#100507 Aug 30-Oct 6 M,W 7:00-8:00pm

#100504 Aug 31-Oct 7 T,Th 11:00am-12:00pm

#100508 Aug 31-Oct 7 T,Th 7:00-8:00pm

#100509 Sep 4-Oct 9 Sa 9:00-10:00am

#100502 Oct 25-Dec 1 M,W 10:00-11:00am

#100485 Oct 25-Dec 1 M,W 6:00-7:00pm

#100488 Oct 25-Dec 1 M,W 7:00-8:00pm

#100503 Oct 26-Dec 2 T,Th 11:00am-12:00pm

#100486 Oct 26-Dec 2 T,Th 7:00-8:00pm

#100487 Oct 30-Dec 4 Sa 9:00-10:00am

**Lake Lynn**

#100489 Aug 30-Oct 6 M,W 6:00-7:00pm

#100510 Sep 4-Oct 9 Sa 9:00-10:00am

#100491 Oct 25-Dec 1 M,W 6:00-7:00pm

#100492 Oct 30-Dec 4 Sa 9:00-10:00am

Tennis Adult Level 1 continued next page —

## Tennis Adult Level 1 continued

**Kentwood Park**

#100511	Aug 30-Oct 6	M,W	6:00-7:00pm
#100512	Sep 4-Oct 9	Sa	10:00-11:00am
#100493	Oct 25-Dec 1	M,W	6:00-7:00pm
#100494	Oct 30-Dec 4	Sa	10:00-11:00am
#100496	Sep 4-Oct 9	Sa	10:00-11:00am
#100501	Oct 30-Dec 4	Sa	10:00-11:00am

**Lions Park**

#100495	Aug 31-Oct 7	T,Th	6:00-7:00pm
#100499	Oct 26-Dec 2	T,Th	6:00-7:00pm

**Biltmore Hills Community Center**

#100497	Aug 31-Oct 7	T,Th	5:30-6:30pm
#100498	Oct 26-Dec 2	T,Th	5:30-6:30pm

**Tennis Adult Level 2.0/2.5 Drills**

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$88, \$48 Saturdays

**Millbrook Tennis Center**

#100590	Aug 30-Oct 6	M,W	11:00am-12:00pm
#100592	Aug 30-Oct 6	M,W	6:00-7:00pm
#100591	Aug 31-Oct 7	T,Th	10:00-11:00am
#100593	Aug 31-Oct 7	T,Th	7:00-8:00pm
#100594	Sep 4-Oct 9	Sa	10:00-11:00am
#100588	Oct 25-Dec 1	M,W	11:00am-12:00pm
#100584	Oct 25-Dec 1	M,W	6:00-7:00pm
#100589	Oct 26-Dec 2	T,Th	10:00-11:00am
#100585	Oct 26-Dec 2	T,Th	7:00-8:00pm
#100586	Oct 30-Dec 4	Sa	10:00-11:00am

**Lake Lynn Community Center**

#100595	Aug 31-Oct 7	T,Th	6:00-7:00pm
#100587	Oct 26-Dec 2	T,Th	6:00-7:00pm

**Tennis Adult Level 3.0 Drills**

Location: Millbrook Tennis Center  
Age: 18yrs and up. Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$88, \$48 Saturdays

#100606	Aug 30-Oct 6	M,W	7:00-8:00pm
#100607	Aug 31-Oct 7	T,Th	6:00-7:00pm
#100608	Sep 4-Oct 9	Sa	11:00am-12:00pm
#100603	Oct 25-Dec 1	M,W	7:00-8:00pm
#100604	Oct 26-Dec 2	T,Th	6:00-7:00pm
#100605	Oct 30-Dec 4	Sa	11:00-12:00pm

**Tennis Adult Level 3.5 Drills**

Location: Millbrook Tennis Center  
Age: 18yrs and up. Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This is a drills class which will work on all of your strokes. To graduate from this class, matches must be at the 4.0 level. Class Fee: \$88, \$48 Saturdays

#100611	Aug 31-Oct 7	T,Th	6:00-7:00pm
#100612	Sep 4-Oct 9	Sa	12:00-1:00pm
#100609	Oct 26-Dec 2	T,Th	6:00-7:00pm
#100610	Oct 30-Dec 4	Sa	12:00-1:00pm

**Tennis Adult Level 4.0/4.5 Drills**

Location: Millbrook Tennis Center  
Age: 18yrs and up. Must be at the NTRP 4.0 level or higher or able to hit topspin and underspin during matches, this is a drill class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Class Fee: \$88

#100618	Aug 30-Oct 6	M,W	7:00-8:00pm
#100617	Oct 25-Dec 1	M,W	7:00-8:00pm

**Tennis Adult Singles Ladder**

Location: Millbrook Tennis Center  
Age: 18yrs and up. Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament.

#99593	Aug 23-Nov 1	<b>Men's 3.0</b>
#99594	Aug 23-Nov 1	<b>Men's 3.5</b>
#99595	Aug 23-Nov 1	<b>Men's 4.0</b>
#99596	Aug 23-Nov 1	<b>Men's 4.5</b>
#99598	Aug 23-Nov 1	<b>Women's 2.5</b>
#99599	Aug 23-Nov 1	<b>Women's 3.0</b>
#99600	Aug 23-Nov 1	<b>Women's 3.5</b>
#99601	Aug 23-Nov 1	<b>Women's 4.0</b>
#99602	Aug 23-Nov 1	<b>Women's 4.5</b>
#99607	Nov 22-Feb 7	<b>Men's 3.0</b>
#99608	Nov 22-Feb 7	<b>Men's 3.5</b>
#99609	Nov 22-Feb 7	<b>Men's 4.0</b>
#99610	Nov 22-Feb 7	<b>Men's 4.5</b>
#99612	Nov 22-Feb 7	<b>Women's 2.5</b>
#99613	Nov 22-Feb 7	<b>Women's 3.0</b>
#99614	Nov 22-Feb 7	<b>Women's 3.5</b>
#99615	Nov 22-Feb 7	<b>Women's 4.0</b>
#99616	Nov 22-Feb 7	<b>Women's 4.5</b>
#99597	Aug 23-Nov 8	<b>Coed Open</b>
#99611	Nov 22-Feb 14	<b>Coed Open</b>

**Tennis RATL****Fall Mixed Doubles League**

Location: Millbrook Tennis Center  
Age: 18yrs and up. This is an NTRP level league for mixed doubles teams weekday evenings at 6:45pm. Team matches consist of 3 mixed doubles matches. Park, club and subdivision teams play one match a week on the same day each week. Teams must sign up in person or by mail. Class Fee: \$75

**Club or Subdivision Team Fee**

#100632	Sep 7-Nov 9
#100633	Sep 7-Nov 9

**Tennis Women's Morning Quadrants**

Location: Millbrook Tennis Center  
Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be courts of doubles matches. A player will play a total of 24 games in a round robin format-8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week. Class Fee: \$35

#100625	Sep 1-Nov 10	W	9:30-11:30am
#100626	Nov 17-Feb 16	W	10:00am-12:00pm

**Volleyball – Coed BB**

Location: Roberts Park Community Center  
Age: 18-70yrs. A Winter Coed 'BB' Volleyball League. A high level of competition. If you enjoy team work, passing, spiking and blocking this league may be for you. An excellent sport to play. Only 6 teams accepted. Class Fee: \$250

#99329	Dec 6-Feb 21	M	7:00-10:00pm
#99330	Dec 7-Mar 8	T	7:00-10:00pm

**Volleyball Open-Play**

Location: Halifax Community Center  
Age: 17yrs and up. Enjoy playing volleyball with others in a competitive atmosphere? Then this is for you. Class Fee: \$0

#99581	Sep 10-Nov 12	F	7:00-9:45pm
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**Senior****Basketball – Senior Adult**

Age: 50yrs and up. Join other seniors in playing competitive basketball. Participants play half court pick-up games. Bring your towel and be ready to sweat! The program is for senior adults. Class Fee: \$0

**Method Community Center**

#99306	Sep 2-Dec 30	Th	3:00-6:00pm
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**Barwell Road Community Center**

#98488	Sep 6-Dec 27	M	3:00-6:00pm
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**Tennis – Free Play For Seniors**

Location: Millbrook Tennis Center  
Age: 55yrs and up. Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play. Class Fee: \$0

#100828	Sep 2-Jan 3	M,Th	9:00am-12:00pm
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**Family****Billiards**

Location: Pullen Community Center  
Age: All Ages. Come play pool in a quiet, family environment. A \$5 deposit and ID are required. Participants under the age of 16 must be accompanied by an adult. Class Fee: \$0

#98094	Sep 1-Dec 30	M-Sa	7:30am-9:30pm
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☐ Raleigh Resident

☐ Non Resident (\*Add \$10 to class fee and \$12 to youth athletic fees. Non-Resident fees do not apply to Specialized Recreation Programs)

Participant's Birthdate \_\_\_\_\_

First Name

Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Pictures or video may be taken of participants for use in program publicity. ☐ Please check, if you do not concur.

☐ Remove me from the Mailing list      ☐ Please send me my Family PIN and Client Barcode

Payment is required at the time of Registration

Program Registration Information – Please make copies for multiple participants or locations. Please use this form for registration, and mail to the facility where the class is held.											
Last Name	First Name	Birth Date	Age	Sex	Course Barcode	Program Name	Start Date	Day	Time	Facility	Fee
											\$
											\$
											\$
											\$
											\$
										*Non-City of Raleigh Residence Fee (per class)	\$
I would like to make a donation to support a child's participation in Raleigh Parks and Recreation Program (specify amount)										\$	
Form of Payment (please check)		○ Check # _____		○ Money Order		○ Credit Card (Complete Credit Card Information block below)					\$
										<b>Total</b>	\$

The Raleigh Parks and Recreation Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate program participation. To help us plan and provide for possible accommodations, please register at least 2 weeks prior to the program start date.

Please describe the participant's condition, disability or special need here (optional)

- 100% refund/credit/transfer if Department cancels program or facility rental.

- All refund requests received in writing at least 14 or more days in advance of the start date of a program/rental/feam placement are entitled to either:
  - a) 100% transfer/credit of fees to another RPRD program at time of withdrawal b) 85% refund based on total cost of a program/rental.
- Refund/credit/transfer requests received less than 14 days prior to start date of a program/rental/feam placement will not be granted.
- Refunds for medical reasons requested prior to the start date of program/rental/feam placement will be granted at 100% subject to verification.
- Outdoor facility usage cancelled due to inclement weather may be rescheduled pending space availability.
- A transfer must be requested at the time of withdrawal.
- A credit may be used by any family member on the same registration account.

## Non-Discrimination Policy

**Non-Discrimination Policy** The City of Raleigh Parks and Recreation Department does not discriminate on the basis of race, color, national origin, sex,


religion, age, sexual orientation or disability in employment opportunities or the provision of services, programs or activities. A participant alleging

participating in the recreational program selected involves risk of injury. These risks include inclement weather, accidents while traveling, equipment problems or failures, contacts with and actions of other participants, slips/trips/falls, and musculoskeletal injuries, among others. I choose for myself or for my child to participate in the selected programs despite the risks.

By signing the Program Registration form, I acknowledge all risks of injury, illness, or death in any way connected with participation in the program. I also agree for myself and for any child participant to follow all rules and procedures of the program and to follow the reasonable instructions of the teachers and supervisors of the program.

I agree to indemnify the City for all claims, damages, losses, or expenses, including attorney's fees, if a suit is filed concerning an injury, illness, or death to me or to my child resulting from participation in the program. I also agree not to sue the City, its employees, or its agents and agree to application I am submitting and that I release, waive, and discharge any legal rights that I may assert on behalf of the child participation in the program. I agree that I am a parent, legal guardian, or am otherwise responsible for the child whose from the City, its employees or its agents for injury, illness, or death resulting from this program. If I am registering a child for a program, I agree that I am a parent, legal guardian, or am otherwise responsible for the child whose from the City, its employees or its agents for injury, illness, or death resulting from this program. I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind in return for the opportunity to participate in this program. I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind in return for the opportunity to participate in this program. I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind in return for the opportunity to participate in this program. I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind in return for the opportunity to participate in this program.

**Credit Card Information – must be complete for all credit transactions**

 **VISA** ☐ VISA ☐ Mastercard ☐ American Express

Exp. Date \_\_\_\_\_ Amount \$ \_\_\_\_\_

Name \_\_\_\_\_  
*print name as appears on card*

Billing Address for card \_\_\_\_\_

Card # \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant Signature \_\_\_\_\_ Date of Signature \_\_\_\_\_

Signature of parent/legal guardian if child is under 18

Registration Dates:

**Mail-in August 3, 2010** Walk-in and RecLink **August 17, 2010**

# How Do I Register?

Registration Form on page 91.



Mail-In



Walk-In



Processing will begin on **Tuesday, August 3, 2010**

- Complete registration form. Please print clearly.
- Payment options include Money Order, Check (made payable to City of Raleigh), VISA, Mastercard, or Credit on account,.
- Mail the completed registration form to the City of Raleigh Recreation site where the class or program will be held (unless otherwise noted).
- Registration receipts will be mailed.

Registrations will be accepted, beginning **Tuesday, August 17, 2010** at 9:00am

Bring your completed registration form and payment to one of our staffed Recreation sites during regular business hours.

- Payment options include Cash, Money Order, Check (made payable to City of Raleigh), VISA, Mastercard, or Credit on account.

The following facilities can process Mail-In and Walk-In registrations:

Mail-In registration for programs not held in one of the listed facilities may be sent to: **Attn: Registration 2401 Wade Avenue, Raleigh, NC 27607**

## Art Centers

<b>Pullen Arts Center</b> 105 Pullen Road 27607	996-6126
<b>Sertoma Arts Center</b> 1400 W. Millbrook Road 27612	420-2329

## Lakes

<b>Lake Johnson</b> 4601 Avent Ferry Road 27606	233-2121
<b>Lake Wheeler</b> 6404 Lake Wheeler Road 27603	662-5704

## Special Facilities

<b>Durant Nature Park</b> 8305 Durant Road 27614	870-2871
<b>Millbrook Tennis Center</b> 1905 B Spring Forest Road 27615	872-4129
<b>Pullen Amusements</b> 520 Ashe Avenue 27606	831-6468
<b>Walnut Creek Softball Complex</b> 1201 Sunnybrook Road 27610	250-2725

## Staffed Community Centers

<b>Barwell Road</b> 3935 Barwell Road 27610	329-5994
<b>Brier Creek</b> 10810 Globe Road 27617	420-2340
<b>Biltmore Hills</b> 2615 Fitzgerald Drive 27610	831-6895
<b>Carolina Pines</b> 2305 Lake Wheeler Road 27603	831-6435
<b>Chavis</b> 505 MLK Jr. Boulevard 27601	831-6989
<b>Green Road</b> 4201 Green Road 27604	872-4140
<b>Halifax</b> 1015 Halifax Street 27604	831-6378
<b>Joycee</b> 2405 Wade Avenue 27607	831-6833
<b>Lake Lynn</b> 7921 Ray Road 27613	870-2911
<b>Laurel Hills</b> 3808 Edwards Mill Road 27612	420-2383
<b>Lions</b> 516 Dennis Avenue 27604	831-6995
<b>Marsh Creek</b> 3016 New Hope Road, 27604	996-4920
<b>Event Information Line</b> <b>Millbrook Exchange</b> 1905 Spring Forest Road 27615	996-4921
	872-4156

<b>Method</b> 514 Method Road 27607	831-6066
<b>Optimist</b> 5900 Whittier Drive 27609	870-2880
<b>Peach Road Neighborhood Center</b> 911 Illegnes Road 27603	807-8545
<b>Pullen Community Center</b> 408 Ashe Avenue 27606	831-6052
<b>Ralph Campbell</b> 756 Lunar Drive 27610	250-2757
<b>Roberts</b> 1300 E. Martin Street 27610	831-6830
<b>Tarboro Road</b> 121 N. Tarboro Road 27610	831-6505
<b>Walnut Terrace</b> 111 W. Lee Street 27601	831-6155
<b>Worthdale</b> 1001 Cooper Road 27610	250-2730

## Swimming Pools

<b>Optimist Pool</b> 5902 Whittier Drive 27609	870-2882
<b>Pullen Aquatic Center</b> 410 Ashe Avenue 27606	831-6197



**parks.raleighnc.gov**

**24 hours/day**

## RecLink Online

Registration opens **Tuesday, August 17, 2010** at 9:00am

**Immediate Confirmation** RecLink allows quick, efficient registration online 24 hours a day, 7 days a week.

- Visit [parks.raleighnc.gov](http://parks.raleighnc.gov) and click on RecLink
- Have your Family PIN and Client Barcode ready.
- Payment options include VISA, Mastercard, or Credit on account.
- Full account payment is required to complete registration.
- Immediate confirmation will be provided once payment is complete.

If you would like to take advantage of online registration and are new to RecLink, follow the instructions below to receive your Family PIN and Client Barcode:

• **If you have never registered for a Raleigh Parks and Recreation class or program**

**Create a  
New Account**

Please complete our Account Request Form available on RecLink or check the "Create a New Account" box and complete required information on the registration form included in the Leisure Ledger. We will create your account and provide you with your Client Barcode and Family PIN. Please note that this process is not immediate.

• **If you are an existing Raleigh Parks and Recreation Customer with a valid e-mail address in our system**

**Existing Raleigh Parks and  
Recreation Customer  
Click Here**

Simply visit RecLink and click on the link that says "Existing Raleigh Parks and Recreation Customer – Click here". A prompt will allow you to enter the e-mail address we have listed with your account, and your Family PIN and Client Barcode will be e-mailed to you immediately.

• **If you would like to update information on your account**

**Update My  
Account**

Simply complete an Account Request Form on RecLink or check the "Update my Account" box and complete required information on the registration form included in the Leisure Ledger. Please note that this is not an automated system.

Questions or Comments? E-mail us at [RecLinksupport@ci.raleigh.nc.us](mailto:RecLinksupport@ci.raleigh.nc.us), or call RecLink Support at (919) 807-8460.

# Facilities Listing for Map

## Art Centers

<b>1 Pullen Arts Center</b>	•L
105 Pullen Road 27607	996-6126
<b>2 Sertoma Arts Center</b>	•L
1400 W. Millbrook Road 27612	420-2329

## Lakes

<b>3 Lake Benson</b>	OPQ
Buffaloe Road, Garner 27529	662-5703
<b>4 Lake Johnson</b>	•MNOPQ
4601 Avent Ferry Road 27606	233-2121
<b>5 Lake Wheeler</b>	EJMOPQ
6404 Lake Wheeler Road 27603	662-5704
<b>2 Shelley Lake</b>	EGJNOPQ
1400 W. Millbrook Road 27612	420-2331

## Special Facilities

<b>6 All Childrens Playground/Laurel Hills Park</b>	•BEG
3808 Edwards Mill Road 27612	420-2383
<b>7 Anderson Point Park</b>	•EMKN
20 Anderson Point Drive 27610	831-6640
<b>8 Baileywick Road Park</b>	•BEM
9501 Baileywick Road 27615	870-2911
<b>9 Borden Building/Fletcher Park</b>	GMV
820 Clay Street 27605	831-6430
<b>10 Brookhaven Nature Park</b>	•K
5125 Berkeley Street 27612	831-6856
<b>11 Buffaloe Road Athletic Park</b>	BEW
5812 Buffaloe Road 27616	831-6836
<b>29 Carolina Pines Off-Leash Dog Park</b>	U
2305 Lake Wheeler Road 27603	831-6435
<b>12 Cedar Hills Park</b>	•BCEFGHM
5600 Sweetbriar Street 27609	870-2880
<b>54 Honeycutt Park</b>	BEGRMN
1032 Clear Creek Farm Road 27615	872-4156
<b>13 Durant Nature Park</b>	•EKMOQ
8305 Camp Durant Road 27614	870-2871
<b>14 Kentwood Park</b>	BCEH
4531 Kaplan Drive 27606	
<b>15 Marsh Creek Park</b>	BMTY
3016 New Hope Road 27604	872-4140
<b>16 Method Pioneer Building</b>	•
516 Method Road 27607	831-6066
<b>17 Millbrook Exchange Off Leash Dog Park</b>	U
1905 Spring Forest Road 27615	872-4156
<b>17 Millbrook Tennis Center</b>	•C
1905 B Spring Forest Road 27615	872-4129
<b>18 Mordecai Historic Park</b>	V
1 Mimosa Street 27604	857-4364
<b>19 North Hills Park</b>	BCEMN
100 Chowan Circle 27609	870-2880
<b>20 Oakwood Park</b>	BMG
910 Brookside Drive 27604	831-6995
<b>1 Pullen Amusements</b>	•CEMOP
520 Ashe Avenue 27606	831-6468
<b>21 Raleigh Little Theatre/Rose Garden</b>	•V
301 Pogue Street 27607	821-4579
<b>22 Spring Forest Road Park</b>	BCEGMN
4203 Spring Forest Road 27616	872-4140
<b>1 Theatre In The Park</b>	•
107 Pullen Road 27607	831-6936
<b>23 Tucker House</b>	•
418 N. Person Street 27601	831-6009
<b>24 Walnut Creek Softball Complex</b>	•B
1201 Sunnybrook Road 27610	250-2725

<b>56 Walnut Creek Wetland Center</b>	•
950 Peterson Street 27610	831-1960
<b>25 Williams Park</b>	CEMR
1525 Lynn Road	420-2329
<b>Moore Square</b>	
200 South Blount Street 27601	832-1231
<b>Nash Square</b>	
201 South Dawson Street 27601	832-1231

## Staffed Community Centers

<b>26 Biltmore Hills</b>	•ABCDEGM
2615 Fitzgerald Drive 27610	831-6895
<b>27 Barwell Road</b>	A•
3935 Barwell Road 27610	329-5994
<b>28 Brier Creek</b>	AEGMW•
10810 Globe Road 27617	420-2340
<b>29 Carolina Pines</b>	•ABCE
2305 Lake Wheeler Road 27603	831-6435
<b>30 Chavis</b>	•ABCDEMNW
505 MLK Jr. Boulevard 27601	831-6989
<b>31 Green Road</b>	•ABEGMRC
4201 Green Road 27604	872-4140
<b>50 John P. "Top" Greene Center</b>	•
401 Martin Luther King Jr. Blvd. 27601	831-6527
<b>55 Greystone Recreation Center</b>	•E
7713-55 Lead Mine Road 27615	996-4848
<b>32 Halifax</b>	AEG
1015 Halifax Street 27604	831-6378
<b>33 Jaycee</b>	•ABCEJMRV
2405 Wade Avenue 27607	831-6833
<b>34 Lake Lynn</b>	•ABCNOE
7921 Ray Road 27613	870-2911
<b>6 Laurel Hills</b>	•ABEGM
3808 Edwards Mill Road 27612	420-2383
<b>35 Lions</b>	•ABCEGMS
516 Dennis Avenue 27604	831-6995
<b>15 Marsh Creek</b>	•ABEMTY
3016 New Hope Road, 27604	996-4920
<b>Event Information Line</b>	996-4921
<b>17 Millbrook Exchange</b>	•ABCDEGJMN
1905 Spring Forest Road 27615	872-4156
<b>16 Method</b>	•AEG
514 Method Road 27607	831-6066
<b>36 Optimist</b>	•ABCDEN
5900 Whittier Drive 27609	870-2880
<b>37 Peach Road Neighborhood Center</b>	•EG
911 Ileagnes Road 27603	807-8545
<b>1 Pullen Community Center</b>	•
408 Ashe Avenue 27606	831-6052
<b>38 Ralph Campbell</b>	•G
756 Lunar Drive 27610	250-2757
<b>39 Roberts</b>	•ABCEGLM
1300 E. Martin Street 27610	831-6830
<b>53 Sanderford Road</b>	•BCEG
2623 Sanderford Road 27610	831-1898
<b>40 Sgt. Courtney T. Johnson Center</b>	•EGM
1801 Proctor Road 27610	831-6719
<b>41 Tarboro Road</b>	•ACEM
121 N. Tarboro Road 27610	831-6505
<b>42 Walnut Terrace</b>	•
111 W. Lee Street 27601	831-6155
<b>43 Worthdale</b>	•AFCE
1001 Cooper Road 27610	250-2730

## Swimming Pools

<b>26 Biltmore Pool *</b>	•
701 Crown Crossing Lane 27529	831-6736
<b>30 Chavis Pool *</b>	•
501 MLK Jr. Boulevard 27601	831-6565
<b>44 Lake Johnson Pool *</b>	•
1416 Athens Drive 27606	233-2111
<b>45 Longview Pool *</b>	•
321 Bertie Drive 27610	831-6343
<b>17 Millbrook Pool (year-round)</b>	•
1905 Spring Forest Road 27615	872-4130
<b>36 Optimist Pool *</b>	•
5902 Whittier Drive 27609	870-2882
<b>1 Pullen Aquatic Center (year-round)</b>	•
410 Ashe Avenue 27606	831-6197
<b>46 Ridge Road Pool *</b>	•
1709 Ridge Road 27607	420-2322

## Unstaffed Neighborhood Centers \*

<b>47 Brentwood c/o Green Road</b>	•BCEGM
3315 Vinson Court 27604	872-4140
<b>48 Eastgate c/o Millbrook</b>	•CE
4200 Quail Hollow Drive 27609	872-4156
<b>9 Garriss Building c/o Jaycee</b>	•CM
820 Clay Street 27605	831-6833
<b>49 Glen Eden Pilot c/o Jaycee</b>	•CM
1500 Glen Eden Drive 27612	831-6833
<b>51 Kiwanis c/o Optimist</b>	•BEGM
2525 Noble Road 27608	870-2880
<b>52 Powell Drive c/o Method</b>	•CEG
740 Powell Drive 27606	831-6066

\* Inquiries and mail for unstaffed centers should be sent to c/o site.

## Legend

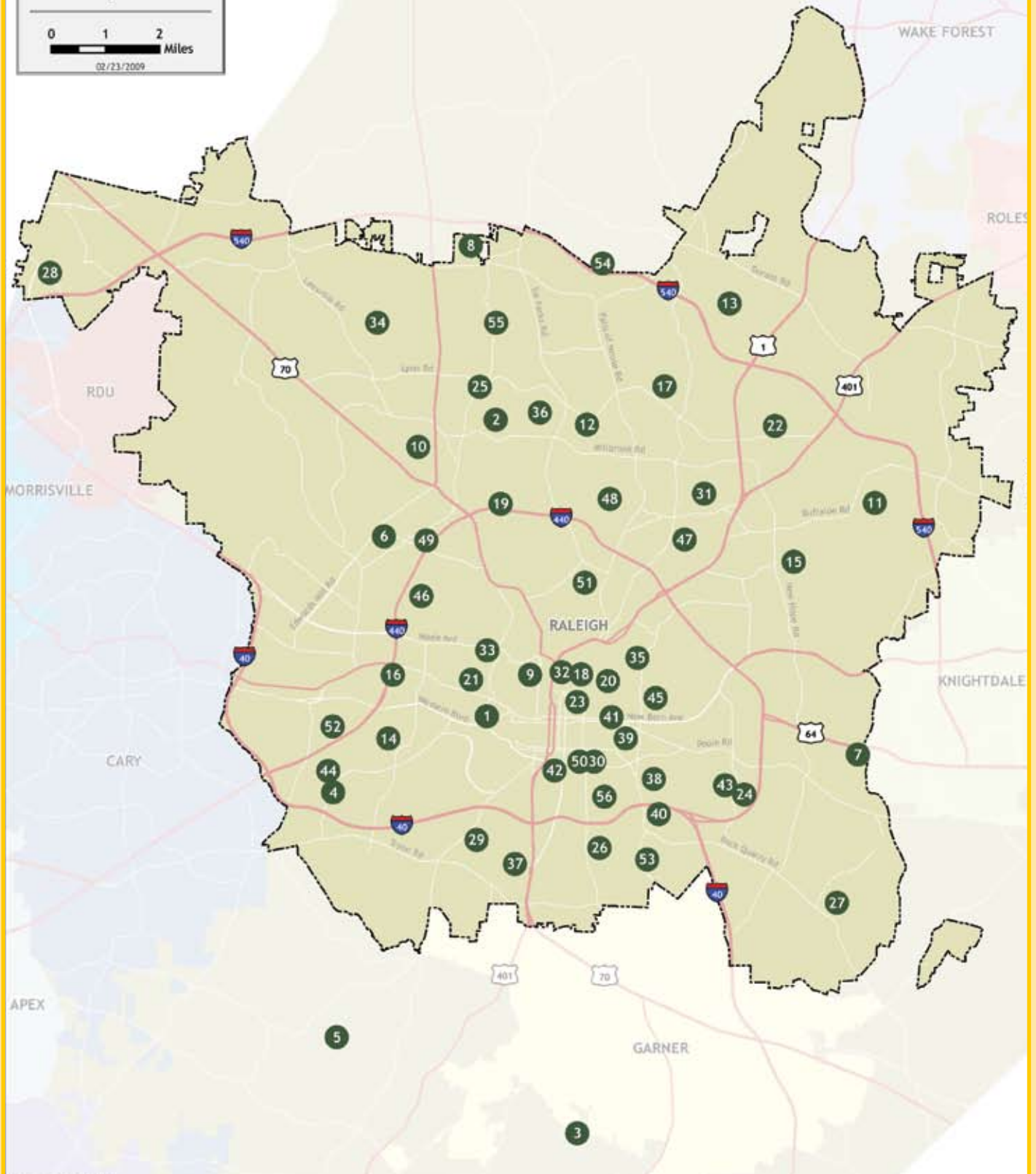
A	Gymnasiums
B	Lighted Ballfield(s)
C	Tennis Courts
D	Pool
E	Play Equipment
F	Mini Park
G	Outdoor Basketball
H	Frisbee Golf
J	Exercise Trail
K	Nature Study
L	Arts
M	Picnic Shelter
N	Greenway Trail
O	Lake
P	Boat Rental
Q	Fishing
R	Sand Volleyball
S	BMX Track
T	Inline Skating
U	Dog Park
V	Gardens
W	Walking Track
Y	Skate Park
•	Handicap Accessible

\* Seasonal pools – phone lines staffed at these pools only during seasonal hours of operation.

# Facilities Map

- # Park Facilities
- Highways
- Major Roads

0 1 2 Miles  
02/23/2009





City of Raleigh  
Parks and Recreation  
P.O. Box 590  
Raleigh, NC 27602  
P&R 6501

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